

Connection Observation

by observing the child & everything around them - it is possible to find the cause as to why they are seeking connection.

How it works:

Whenever you see a 'behavioural response' fill out all sections on this form. The form has been designed to break down and help us to notice possible triggers and their underlying causes. It may take multiple forms over time to notice the pattern.

Child:	Date: Time:	Person filling out form: Name of key person:
Brief description of what happened:		

The Day

Location	Weather / Temperature	Point in the day	What was happening next?	What was the environment like?
Inside/Outside/Dining room/ main classroom etc	Hot/Sunny/Cold/Raining etc	Free time/lunch time/hand washing etc.	Getting changed/lunch/an activity etc	Busy/loud/quiet/calm/music on/empty/bright lights/dark

The Child

Background/drop off information	Basic & physical needs met?	How did they present in the moments before?	How did they present immediately afterwards?	What strategies did you try and how well did this go?
Is there something going on for the child - new sibling? Struggling with sleep? Separation anxiety?	Could they be hungry/tired/need a change/wet shoes... etc	Were they calm and engaged? Busy and distracted? Appearing a bit bored/lost?	Were they presenting as sad/angry/calm/excited - how could you tell - what were the signs?	e.g coregulation, validation, redirection, accessing a safe space and professional love

Reflection

What do you think the child was feeling?	What do you think the child was experiencing?	What do you think the child is trying to communicate/tell us?	What do you think the child needs?	What are you going to do to support the child moving forwards?
What was the feeling underneath the child's dysregulation? How could you tell?	e.g emotions, sensory needs, physical responses, thoughts. How could you tell?	e.g how they were feeling, that their needs were unmet, that they needed help, that they couldn't cope with their feelings	What does the child need in the moment when they feel like this? Do they need any changes to the physical, emotional or sensory environment?	Think about strategies the child might need in the moment and any bigger picture changes you could make