

## **How to Track Your Child's Growth at Home**

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### **Why Track Progress at Home?**

Teachers and therapists see your child at school, but you see them in real life. Tracking your child's progress at home helps you:

- Notice what's working (and what's not)
- Share meaningful examples at IEP or IFSP meetings
- Advocate for services or supports based on daily life

Even small steps forward are worth noticing. Growth does not always show up in data sheets, but it often shows up at home first.

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### **What You Can Track**

You don't need a fancy form — just pay attention to what matters most for your child.

#### **Communication**

- Did my child try a new word, sign, or sound?
- Are they asking for help, people, or objects more often?

#### **Social & Emotional Skills**

- Did they play near or with others more than usual?
- Did they manage frustration or transitions with less support?

#### **Behavior**

- Are tantrums shorter or less intense?
- Did they try a new coping skill (like deep breaths or asking for a break)?

#### **Fine & Gross Motor Skills**

- Did they hold a crayon, open a snack, or climb playground steps?

- Are they more steady or independent during daily routines?

## Routines & Independence

- Did they try a new step in getting dressed, toileting, or clean-up?
  - Are they following a routine with fewer prompts?
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## Simple Ways to Track

- Write notes in a notebook or phone app
- Use a calendar to jot quick observations
- Take short videos of new skills
- Create a checklist for weekly “wins”
- Share successes during home visits or IEP meetings

You can also keep a folder or binder with:

- Progress updates from teachers or providers
  - Work samples (drawings, crafts)
  - Your own reflections or photos
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## What Other Parents Say

- “I started writing one ‘wow’ moment a week, it helped me stay hopeful.”
  - “My phone is full of mini-videos. They remind me how far she’s come.”
  - “I brought notes to the meeting, and it changed the conversation. They saw my child through my eyes.”
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## Parent Reflection Space

*Use these prompts to help you notice meaningful growth over time.*

- What made me proud this week?
- What challenge felt a little easier?
- What made my child light up with joy or confidence?
- What do I want to celebrate at our next meeting?

## **Important Reminder**

You don't need to track everything. Start small. Your everyday observations are powerful, and they help create a fuller picture of who your child is becoming.