

## **Keep a Journal**

A journal is a place where you can write down important things about your child, yourself and your family.

### **Just a few ideas**

- When was your child diagnosed and the details
- Write down the feelings and experiences you are having
- Write down the people you meet along your journey
- Keep a list of appointments, results, questions or topics you discussed
- Write down questions to ask professionals when you meet them
- Write down your child's progress
- Keep a list of services your child is receiving and by whom
- Write down sounds that your child responds to or new vocalizations your child makes. As your child changes and grows, you will be able to see how far they have come

A notebook such as one that holds this guide is a great place for keeping copies of clinical reports and important forms for your child. When you go to appointments, it will be easy to show others results or have them make copies if needed.