

# Moment-by-moment assessment

Child/teen's name:

Date completed:

Date and time of episode:

Person completing this form:

## Just before the episode

### 1. How did the child/teen look emotionally?

Calm	Happy	Excited	Agitated	Angry	Sad
Other:					

### 2. What was the child/teen doing — how would you describe their behaviour?

Resting	Eating	Playing	Learning	Talking	Transitioning
Other:					

### 3. What appeared to trigger the episode?

Voice	Image	Smell	Loss of something	Request to do something
Taste	Body contact	Criticism	Discipline	Limit setting
Other:				

### 4. Who appeared to initiate the trigger?

Parent Name:	Carer Name:	Sibling Name:	Relative Name:
Peer Name:	Teacher Name:	Clinician Name:	Stranger
Other:			

## During the episode

### 5. Where did this episode occur?

Home	School	Neighbourhood	Car/bus	Sport
Shops	After-school activity	Other:		

### 6. What did the child/teen appear to be feeling?

Sad	Fear/panic	Anger/rage	Guilt/shame	Numb/spacey
Flashbacks	Grief	Other:		

### 7. What was the child/teen doing — how would you describe their behaviour?

Raised voice	Swearing	Hitting	Kicking
Biting	Throwing	Breaking/damaging	Self-harming
Using substances	Talking about suicide	Running away	Eating behaviours
Inappropriate touch	Theft	Other:	

## After the episode

### 8. What did the child/teen appear to be feeling?

Sad	Fear/panic	Frustrated	Guilt/shame
Grief	Calm	Other:	

### 9. What was the child/teen doing — how would you describe their behaviour?

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### 10. How long did it take for the child/teen to return to baseline — and what did they do then?

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## Completing the moment-by-moment assessment

The moment-by-moment assessment breaks down kids' survival responses, so you can see what led up to them. It's designed to be quick and easy to complete.

### The moment-by-moment assessment is divided into three sections:

- just before the episode - in this section you'll record how the child/teen was feeling before the episode, what they were doing and what may have triggered it
- during the episode - in this section you'll describe the child/teen's behaviour during their survival response.
- after the episode - in this section you'll identify the child/teen's process of calming down and how long this took.

### Tips for completing moment-by-moment assessments

- Moment-by-moment assessments can be completed by anyone present during a survival response. Seek assistance from trusted adults who spend time with the child/teen.
- To build a strong picture of their behavioural patterns, it's best to complete 3 - 5 moment-by-moment assessments in different environments.
- For each section, circle the term that best describes the child/teen or fill in a word that better describes them. The more detail you add, the easier it will be to understand their survival responses.
- Only complete a moment-by-moment assessment when you need to identify triggers or understand more about their pattern of Boiling responses.

### Next steps

- Once you have 3 - 5 assessments, work with the child support team to complete the Priority Challenge worksheet. You can also support the child/teen to develop a Managing Emotions Guide.