

RED FLAG TRACKER



FOR PARENTS OF NEURODIVERGENT OR DEVELOPING CHILDREN

1. CHILD INFORMATION

CHILD'S NAME: _____

AGE: _____

DATE: _____

2. COMMUNICATION RED FLAGS

(CHECK WHAT YOU OBSERVE AND ADD NOTES)

OBSERVATION	Yes/No	NOTES
DOES NOT RESPOND TO NAME		
NO SINGLE WORDS BY 18 MONTHS		
START PUTTING TWO WORDS TOGETHER BY 2 YEARS		
USES WORDS BUT DOES NOT COMMUNICATE		
RARELY POINTS OR GESTURES		
EYE CONTACT IS LIMITED		

PARENT TIP: WRITE THE SPECIFIC SITUATION (E.G., "CALLED HIS NAME WHILE HOLDING SNACK, NO RESPONSE.") – THIS HELPS THERAPISTS UNDERSTAND BETTER.

SMALL ROUTINES LEAD TO BIG PROGRESS

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2. SOCIAL AND PLAY RED FLAGS

(CHECK WHAT YOU OBSERVE AND ADD NOTES)

OBSERVATION	Yes/No	NOTES
PREFERS TO PLAY ALONE MOST OF THE TIME		
LIMITED PRETEND PLAY (E.G., FEEDING DOLL, TOY CARS AS CARS)		
STRUGGLES TO SHARE OR TAKE TURNS		
INTENSE FOCUS ON CERTAIN TOYS/OBJECTS		
GETS UPSET WITH CHANGES IN PLAY ROUTINES		

PARENT TIP: CIRCLE PATTERNS (E.G., “ALWAYS LINES UP CARS” OR “PLAYS WITH ONE TOY ONLY”).

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3. BEHAVIORS AND SENSORY RED FLAGS

(CHECK WHAT YOU OBSERVE AND ADD NOTES)

OBSERVATION	Yes/No	NOTES
REPEATS ACTIONS (SPINS, FLAPS, ROCKS)		
VERY SENSITIVE TO SOUNDS/TEXTURES		
STRONG REACTIONS TO LIGHTS OR CROWDS		
UNUSUAL INTEREST IN CERTAIN OBJECTS (FANS, WHEELS)		
TROUBLE WITH CHANGES IN ROUTINE		

PARENT TIP: NOTE IF IT HAPPENS DAILY, WEEKLY, OR ONLY IN CERTAIN SETTINGS.

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4. PARENT OBSERVATIONS AND NOTES

(WRITE FREELY ABOUT WHAT YOU NOTICE, WHEN IT HAPPENS, AND HOW YOUR CHILD REACTS.)

5. FOLLOW-UP

- FIRST NOTICED ON: _____
- SHARED WITH (DOCTOR/THERAPIST/TEACHER):

- NEXT APPOINTMENT: _____

PARENT TIP: BRING THIS SHEET WITH YOU WHEN TALKING TO PROFESSIONALS—IT MAKES YOUR CONCERNS CLEAR AND SAVES TIME.

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