

■ Meltdown & Incident Tracker

A simple printable record for tracking incidents, triggers, duration and support.

Incident 1

Date		Time	
Where?		Intensity (1–5)	
What was happening?		Duration	
Possible trigger(s)		State beforehand	
What happened?			
What support was needed?			
What helped recovery?			
Anything else to note?			

Tip: record what actually happened and the support provided. Short, factual notes are fine.

Incident 2

Date		Time	
Where?		Intensity (1–5)	
What was happening?		Duration	
Possible trigger(s)		State beforehand	
What happened?			
What support was needed?			
What helped recovery?			
Anything else to note?			

Tip: record what actually happened and the support provided. Short, factual notes are fine.

Incident 3

Date		Time	
Where?		Intensity (1–5)	
What was happening?		Duration	
Possible trigger(s)		State beforehand	
What happened?			
What support was needed?			
What helped recovery?			
Anything else to note?			

Tip: record what actually happened and the support provided. Short, factual notes are fine.

Incident 4

Date		Time	
Where?		Intensity (1–5)	
What was happening?		Duration	
Possible trigger(s)		State beforehand	
What happened?			
What support was needed?			
What helped recovery?			
Anything else to note?			

Tip: record what actually happened and the support provided. Short, factual notes are fine.

Incident 5

Date		Time	
Where?		Intensity (1–5)	
What was happening?		Duration	
Possible trigger(s)		State beforehand	
What happened?			
What support was needed?			
What helped recovery?			
Anything else to note?			

Tip: record what actually happened and the support provided. Short, factual notes are fine.

Weekly Pattern Summary

Use this page after several incidents to look for patterns. It is not necessary to record every category every time.

Pattern	Notes
Most common times of day	
Most common places	
Most common triggers	
Common state beforehand	
Typical duration	
Typical intensity	
Support most often needed	
What tends to help recovery?	
Other pattern or observation	

Using your records

Keep entries factual and describe the support that was actually needed. A tracker can help you identify patterns and can be useful when discussing a child's needs with family, school or professionals. It is supporting information, not a guarantee of an EHCP, DLA or PIP outcome.

Privacy note: the Helpset online tracker stores entries in your browser rather than uploading them to a server. For long-term records, export or print your information.