

**Challenging Incident Detective Tool**

What happened?

What triggered the incident? (What happened immediately preceding the incident?)

Where were you? Who were you with? What were you doing? Do any of these elements consistently cause upset?

What was the sensory situation? (Lights too bright/ dim, a strong smell, such as food or fragrance, new clothes, loud noise, etc.)

Is there anything in your child's life that may be causing anxiety? (House move, home situation has changed, new school, etc.)

Could or does your child have a medical condition or issue that could be causing upset? (Toothache, digestive issue, ongoing medical condition, etc.)

What could you do differently next time to avoid this kind of incident?

Other notes: