EHCPlog

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Weekly EHCP diary

Child: _____ Week starting: _____ School or setting: _____

Day	What happened (what you saw or were told)	What set it off, if known	Support given and what helped	How long	Difficulty 1-5
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Sleep this week: _____ School contact this week (who, when, what was said): _____

Write facts you saw or were told, with dates. Keep it short. This is a parent-kept record, not a medical or legal document. Keep one sheet per week, in date order.

Example week (made up, to show the level of detail)

Child: Sam Week starting: Monday 3 November 2026 School: Example Primary, Year 4

Day	What happened (what you saw or were told)	What set it off, if known	Support given and what helped	How long	Difficulty 1-5
Mon	Hid under the bed and refused uniform. Arrived at school 50 minutes late.	Supply teacher announced the day before	Walked to the classroom door; TA met him	35 min	4 (Hard)
Tue	Left the dinner hall after 5 minutes, covering ears. Lunchbox came home full.	Noise in the hall	TA let him eat in the library	All lunch	3 (Mixed)
Wed	Calm morning. Joined group work for the first time (teacher told me).	-	Visual timetable on his desk	-	1 (Good)
Thu	Meltdown after pick-up: screaming, hitting the car door.	Fire drill in the afternoon	Quiet room at home, ear defenders	40 min	5 (Very hard)
Fri	Refused to go in. Stayed home.	Anxious all evening before	Phoned school 8.30am, spoke to SENCO	All day	5 (Very hard)
Sat	Asleep at 11.40pm. Tired and tearful.	Worrying about Monday	Bath and weighted blanket	-	3 (Mixed)
Sun	Good day at the park with one friend.	-	Short visit, left before it got busy	-	2 (Mostly OK)

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