

MOMENT-BY-MOMENT ASSESSMENT

Child's name: _____ Date completed: _____

Date and time of episode: _____ Person completing this form: _____

Just before the episode

1. How did the child look emotionally? Circle one:

Calm Happy Excited Agitated Angry Sad Other:

2. What was the child doing — how would you describe his or her behavior? Circle one:

Resting Eating Playing Learning Talking Transitioning Other:

3. What appeared to trigger the child's episode? Circle one:

Voice Image Smell Loss of something Request to do something Body contact (touch)

Criticism Discipline Limit setting Other:

4. Who appeared to initiate the trigger? Circle one:

Parent (M or F) Stepparent (M or F) Resource parent Sibling Relative Teacher Peer Stranger Clinician Other:

5. Where did this episode occur? Circle one:

Home School Neighborhood Car/bus Office Other:

During the episode

6. What did the child appear to be feeling?

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

7. What was the child doing — how would you describe his or her behavior? Circle one:

Raised voice Swearing Hitting Kicking Biting Throwing Breaking/damaging Self-harming Talking about suicide

Using substances Running away Eating disturbance Engaging in boundary violations (sexual or other) Theft Other:

After the episode

8. What did the child appear to be feeling? Circle one:

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

9. What was the child doing — how would you describe his or her behavior? Describe:

10. How long did it take for the child to return to baseline — and what did he or she do once calm? Describe:

11. From your observation, if you could name one thing you think is bothering this child, what would it be? Describe:

Seven Completed Moment-by-Moment Assessments

MOMENT-BY-MOMENT ASSESSMENT #1

Child's name: Tylor Date completed: 4/1/15

Date and time of episode: 4/1/15 9:30am Person completing this form: Mr. Mook, P.E. Teacher

Just before the episode

1. How did the child look emotionally? Circle one:

Calm Happy Excited Agitated Angry Sad Other:

2. What was the child doing — how would you describe his or her behavior? Circle one:

Resting Eating Playing Learning Talking Transitioning Other:

3. What appeared to trigger the child's episode? Circle one:

Voice Image Smell Loss of something Request to do something Body contact (touch)

Criticism Discipline Limit setting Other:

4. Who appeared to initiate the trigger? Circle one:

Parent (M or F) Stepparent (M or F) Resource parent Sibling Relative Teacher Peer Stranger Clinician Other:

5. Where did this episode occur? Circle one:

Home School Neighborhood Car/bus Office Other:

2 boys went for the ball —
Tylor got bumped

During the episode

6. How did the child act?

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

7. What was the child doing — how would you describe his or her behavior? Circle one:

Raised voice Swearing Hitting Kicking Biting Throwing Breaking/damaging Self-harming Talking about suicide

Using substances Running away Eating disturbance Engaging in boundary violations (sexual or other) Theft Other:

After the episode

8. How did the child act? Circle one:

Sad Fear/panic Frustrated Guilt/shame Grief Calm Other: He seemed embarrassed by how angry he got

9. What was the child doing — how would you describe his or her behavior? Describe:

He returned to playing basketball after he calmed down. I had asked him to sit down on the bleachers until he was calm.

10. How long did it take for the child to return to baseline — and what did he or she do once calm? Describe:

About 15 minutes. He joined in the activity and apologized to his peer.

11. From your observation, if you could name one thing you think is bothering this child, what would it be? Describe:

He is struggling to make friends because of his behavior

Was going to push peer but
kids and I stopped him

MOMENT-BY-MOMENT ASSESSMENT #2

Child's name: Tylor Date completed: 4/4/15

Date and time of episode: 4/3/15 7:15pm Person completing this form: Mary, Foster Mom

Just before the episode

1. How did the child look emotionally? Circle one:

Calm Happy Excited Agitated Angry Sad Other:

2. What was the child doing — how would you describe his or her behavior? Circle one:

Resting Eating Playing Learning Talking Transitioning Other: Watching TV. 4 kids were on couch — Tylor complained his brother was elbowing him.

3. What appeared to trigger the child's episode? Circle one:

Voice Image Smell Loss of something Request to do something Body contact (touch)
Criticism Discipline Limit setting Other: He became angry when his brother elbowing him.

4. Who appeared to initiate the trigger? Circle one:

Parent (M or F) Stepparent (M or F) Resource parent Sibling Relative Teacher Peer Stranger Clinician Other:

5. Where did this episode occur? Circle one:

Home School Neighborhood Car/bus Office Other:

During the episode

6. How did the child act?

Sad Fear/panic Anger/rage Guilt/shame Numb/spacey Flashbacks Grief Other: He kept screaming I wasn't being fair

7. What was the child doing — how would you describe his or her behavior? Circle one:

Raised voice Swearing Hitting Kicking Biting Throwing Breaking/damaging Self-harming Talking about suicide
Using substances Running away Eating disturbance Engaging in boundary violations (sexual or other) Theft Other:

After the episode

8. How did the child act? Circle one:

Sad Fear/panic Frustrated Guilt/shame Grief Calm Other: He thought I should have punished his brother too

9. What was the child doing — how would you describe his or her behavior? Describe:

He went to his room and rested on his bed. He spent most of the evening in his room even after I told him he could come out.

10. How long did it take for the child to return to baseline — and what did he or she do once calm? Describe:

He was upset until he feel asleep. The next morning he seemed fine. He smiled and was nice to his brother.

11. From your observation, if you could name one thing you think is bothering this child, what would it be? Describe:

He misses his mother, doesn't know when he can see her and if she is still being hurt by his father.

MOMENT-BY-MOMENT ASSESSMENT #3

Child's name: Tylor Date completed: 4/11/15
Date and time of episode: 4/11/15 Person completing this form: Michael. Foster Dad

Just before the episode

1. How did the child look emotionally? Circle one:

Calm Happy Excited Agitated Angry Sad Other: He was looking forward to picking out groceries for his favorite dinner.

2. What was the child doing — how would you describe his or her behavior? Circle one:

Resting Eating Playing Learning Talking Transitioning Other: He and his sister were in grocery cart and he was getting whiny

3. What appeared to trigger the child's episode? Circle one:

Voice Image Smell Loss of something Request to do something Body contact (touch)
Criticism Discipline Limit setting Other: I told him no. he couldn't have sugary cereal.

4. Who appeared to initiate the trigger? Circle one:

Parent (M or F) Stepparent (M or F) Resource parent Sibling Relative Teacher Peer Stranger Clinician Other:

5. Where did this episode occur? Circle one:

Home School Neighborhood Car/bus Office Other: Grocery store

During the episode

6. How did the child act?

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

7. What was the child doing — how would you describe his or her behavior? Circle one:

Raised voice Swearing Hitting Kicking Biting Throwing Breaking/damaging Self-harming Talking about suicide
Using substances Running away Eating disturbance Engaging in boundary violations (sexual or other) Theft Other:

He began throwing things out of the cart

After the episode

8. How did the child act? Circle one:

Sad Fear/panic Frustrated Guilt/shame Grief Calm Other: He remained very quiet; he asked if I would tell his mom

9. What was the child doing — how would you describe his or her behavior? Describe:

He rode quietly home. then went to his room

10. How long did it take for the child to return to baseline — and what did he or she do once calm? Describe:

About 2 hours to calm down. He seemed worried about what his mother would think.

11. From your observation, if you could name one thing you think is bothering this child, what would it be? Describe:

He is worried about his mother.

MOMENT-BY-MOMENT ASSESSMENT #4

Child's name: Tylor Date completed: 4/21/15

Date and time of episode: 4/20/15 1:35pm Person completing this form: Ms. Jackson, Teacher

Just before the episode

1. How did the child look emotionally? Circle one:

Calm Happy Excited Agitated Angry Sad Other:

2. What was the child doing — how would you describe his or her behavior? Circle one:

Resting Eating Playing Learning Talking Transitioning Other: *1. Standing with peers in the middle of the lunch line waiting to go to lunch. 2. There was some accidental bumping of Tylor by the kids behind him.*

3. What appeared to trigger the child's episode? Circle one:

Voice Image Smell Loss of something Request to do something Body contact (touch)
Criticism Discipline Limit setting Other: *He wanted to be line leader but it isn't his turn. He kept asking questions and needing attention, which often happens in line.*

4. Who appeared to initiate the trigger? Circle one:

Parent (M or F) Stepparent (M or F) Resource parent Sibling Relative Teacher Peer Stranger Clinician Other:

5. Where did this episode occur? Circle one:

Home School Neighborhood Car/bus Office Other:

During the episode

6. How did the child act?

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

7. What was the child doing — how would you describe his or her behavior? Circle one:

Raised voice Swearing Hitting Kicking Biting Throwing Breaking/damaging Self-harming Talking about suicide
Using substances Running away Eating disturbance Engaging in boundary violations (sexual or other) Theft Other:

After the episode

8. How did the child act? Circle one:

Sad Fear/panic Frustrated Guilt/shame Grief Calm Other: *A peer made fun of him for being so upset.*

9. What was the child doing — how would you describe his or her behavior? Describe:

He became quiet. He had a hard time finishing his work and staying on task.

10. How long did it take for the child to return to baseline — and what did he or she do once calm? Describe:

He didn't really calm down before leaving for home.

11. From your observation, if you could name one thing you think is bothering this child, what would it be? Describe:

He wishes he could see his mom.

MOMENT-BY-MOMENT ASSESSMENT #5

Child's name: Tylor Date completed: 4/22/15
Date and time of episode: 4/22/15 8:15pm Person completing this form: Michael. Foster Dad

Just before the episode

1. How did the child look emotionally? Circle one:

Calm Happy Excited Agitated Angry Sad Other:

2. What was the child doing — how would you describe his or her behavior? Circle one:

Resting Eating Playing Learning Talking Transitioning Other:

3. What appeared to trigger the child's episode? Circle one:

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

4. Who appeared to initiate the trigger? Circle one:

Parent (M or F) Stepparent (M or F) Resource parent Sibling Relative Teacher Peer Stranger Clinician Other:

5. Where did this episode occur? Circle one:

Home School Neighborhood Car/bus Office Other:

I had asked him to put a game away. He was walking down the hall and his big brother came from behind and put a hand on Tylor's shoulder to congratulate him.

During the episode

6. How did the child act?

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

Tylor got very angry, swung at his brother, tackled and kicked him.

7. What was the child doing — how would you describe his or her behavior? Circle one:

Raised voice Swearing Hitting Kicking Biting Throwing Breaking/damaging Self-harming Talking about suicide
Using substances Running away Eating disturbance Engaging in boundary violations (sexual or other) Theft Other:

He screamed, "Get away! Don't hurt me!"
But no one was hurting him.

After the episode

8. How did the child act? Circle one:

Sad Fear/panic Frustrated Guilt/shame Grief Calm Other: Spacey. Couldn't really focus.

9. What was the child doing — how would you describe his or her behavior? Describe:

He fell asleep in his room

10. How long did it take for the child to return to baseline — and what did he or she do once calm? Describe:

He was better in the morning. After we talked with him about what happened he apologized to his brother.

11. From your observation, if you could name one thing you think is bothering this child, what would it be? Describe:

Worried about his mother. She recently came to court with a bruise on her cheek.

MOMENT-BY-MOMENT ASSESSMENT #6

Child's name: Tylor Date completed: 4/26/15

Date and time of episode: 4/25/15 4:30pm Person completing this form: Mary, Foster Mom

Just before the episode

1. How did the child look emotionally? Circle one:

Calm Happy Excited Agitated Angry Sad Other: His brother just got a new bike. He was both excited and jealous.

2. What was the child doing — how would you describe his or her behavior? Circle one:

Resting Eating Playing Learning Talking Transitioning Other: He was giving his sister a ride. She was squeezing him tightly.

3. What appeared to trigger the child's episode? Circle one:

Voice Image Smell Loss of something Request to do something Body contact (touch)
Criticism Discipline Limit setting Other: Sister was squeezing him.

4. Who appeared to initiate the trigger? Circle one:

Parent (M or F) Stepparent (M or F) Resource parent Sibling Relative Teacher Peer Stranger Clinician Other:

5. Where did this episode occur? Circle one:

Home School Neighborhood Car/bus Office Other:

During the episode

6. How did the child act?

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

7. What was the child doing — how would you describe his or her behavior? Circle one:

Raised voice Swearing Hitting Kicking Biting Throwing Breaking/damaging Self-harming Talking about suicide
Using substances Running away Eating disturbance Engaging in boundary violations (sexual or other) Theft Other:

After the episode

8. How did the child act? Circle one:

Sad Fear/panic Frustrated Guilt/shame Grief Calm Other: He stopped the bike quickly, yelled at his sister, slammed bike down and went into house.

9. What was the child doing — how would you describe his or her behavior? Describe:

He was sitting on his bed

10. How long did it take for the child to return to baseline — and what did he or she do once calm? Describe:

About an hour to calm down. Then asked his sister if she wanted to play a game with him.

11. From your observation, if you could name one thing you think is bothering this child, what would it be? Describe:

He just seems lost. He is having a hard time connecting with us.

MOMENT-BY-MOMENT ASSESSMENT #7

Child's name: Tylor Date completed: 4/17/15

Date and time of episode: 4/17/15 6:30pm Person completing this form: Ms. Jones, Mother

Just before the episode

1. How did the child look emotionally? Circle one:

Calm Happy Excited Agitated Angry Sad Other:

2. What was the child doing — how would you describe his or her behavior? Circle one:

Resting Eating Playing Learning Talking Transitioning Other: We were having fun eating dinner together. He was telling me about his math test. He was happy about his grade.

3. What appeared to trigger the child's episode? Circle one:

Voice Image Smell Loss of something Request to do something Body contact (touch)
Criticism Discipline Limit setting Other: He got angry when his little sister was swinging her legs under the table and she kept kicking him. She wasn't trying to hurt him; she was just eating.

4. Who appeared to initiate the trigger? Circle one:

Parent (M or F) Stepparent (M or F) Resource parent Sibling Relative Teacher Peer Stranger Clinician Other:

5. Where did this episode occur? Circle one:

Home School Neighborhood Car/bus Office Other:

During the episode

6. How did the child act?

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

7. What was the child doing — how would you describe his or her behavior? Circle one:

Raised voice Swearing Hitting Kicking Biting Throwing Breaking/damaging Self-harming Talking about suicide
Using substances Running away Eating disturbance Engaging in boundary violations (sexual or other) Theft Other:

After the episode

8. How did the child act? Circle one:

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

9. What was the child doing — how would you describe his or her behavior? Describe:

He was sitting quietly in his room crying. He was sorry about yelling and saying mean things to his sister. He doesn't know why he gets so angry.

10. How long did it take for the child to return to baseline — and what did he or she do once calm? Describe:

He started watching TV. Before he went to bed he told his sister he was sorry.

11. From your observation, if you could name one thing you think is bothering this child, what would it be? Describe:

He misses being home and he misses me. I also think he worries about me too much; he said something about wanting to make sure I was o.k.

Source:

Annie E Casey Foundation (2017). TST-FC: A Trauma-Informed Caregiving Approach.

(TST-FC= Trauma Systems Therapy for Foster Care)

Accessible from: <http://www.aecf.org/work/child-welfare/child-welfare-strategy-group/trauma-systems-therapy-for-foster-care-tst-fc/>