

Mindful Moments Tracker



A calm, practical printable for parents of neurodiverse children

Why This Matters

Parenting a neurodiverse child can bring beautiful moments of joy – and days that feel overwhelming. This tracker is designed to help you slow down and notice the small things that bring calm, comfort, and connection.

It's not about doing more – it's about seeing what truly helps you and your child feel grounded and supported.

How to Use the Tracker

1. Print or save digitally – keep it somewhere you'll see it often.
2. Record one or two mindful moments each day.
 - Something that made you smile.
 - A moment your child relaxed, focused, or laughed.
 - Times you felt connected or calm.
3. Reflect at the end of the week:
 - What helped most?
 - What small changes could make next week easier?
 - How can you bring more of those calm moments into your daily rhythm?

Remember

Mindfulness doesn't need hours of quiet or a perfect plan. It begins with awareness – noticing when something feels right, gentle, or peaceful for your family. Each moment you notice is a small step toward more balance and understanding in your home.



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This week's focus:

(What would you like to notice more of? e.g. calm mornings, laughter, connection, quiet moments...)

Mindful Moments Log

Day-Moments of Calm or Connection- What Helped? How Did It Feel?

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Reflection

One thing that helped most this week:

Something I want to try again next week:

A gentle reminder for myself:

Mindfulness begins with awareness – noticing what helps you and your child feel grounded and connected.