

Name: _____ Week: _____

Record moments over the course of a week when using the SOOTHE method to help calm your child. Write How Helpful based on scale
1= Not at all helpful 2= A little bit helpful 3= Somewhat helpful 4= Very helpful 5= Extremely helpful

S Soft tone of voice and face	O Organize space and experience	O Offer choice	T Touch and physical proximity	H Hear the underlying anxiety	E End it
Day: _____ Event: _____ How helpful?	Day: _____ Event: _____ How helpful?	Day: _____ Event: _____ How helpful?	Day: _____ Event: _____ How helpful?	Day: _____ Event: _____ How helpful?	Day: _____ Event: _____ How helpful?
Day: _____ Event: _____ How helpful?	Day: _____ Event: _____ How helpful?	Day: _____ Event: _____ How helpful?	Day: _____ Event: _____ How helpful?	Day: _____ Event: _____ How helpful?	Day: _____ Event: _____ How helpful?
Day: _____ Event: _____ How helpful?	Day: _____ Event: _____ How helpful?	Day: _____ Event: _____ How helpful?	Day: _____ Event: _____ How helpful?	Day: _____ Event: _____ How helpful?	Day: _____ Event: _____ How helpful?

*Adapted from Paris Goodyear Brown, Parents as Partners in Child Therapy: A Clinician's Guide. (The Guilford Press, 2021)