

Capacity Check

Progress does not have to look steady to be real.

A child can appear capable one day and struggle the next.
That does not automatically mean they are going backwards.
Sometimes capacity changes.

What Happened Yesterday?

- ☐ Did yesterday require more energy than it looked like?
- ☐ Has there been a change in routine?
- ☐ Has there been enough recovery time?
- ☐ Could pain, fatigue, stress, or overwhelm be contributing today?
- ☐ Are they carrying something we cannot see?
- ☐ Could this be a capacity issue rather than an ability issue?

What might be contributing to today?

Something that may have changed:

Something I might not be seeing:

Before assuming a child is going backwards, ask: What happened yesterday?

Before Reducing Support

Is this readiness, or is the child just coping?

Readiness or Coping?

1 = least true

10 = most true

This skill has been consistent across different days.

1 2 3 4 5 6 7 8 9 10

The child can do this without becoming overwhelmed.

1 2 3 4 5 6 7 8 9 10

The child can recover after using this skill.

1 2 3 4 5 6 7 8 9 10

Support is being faded because capacity has increased.

1 2 3 4 5 6 7 8 9 10

This progress has been steady over time.

1 2 3 4 5 6 7 8 9 10

Support should fade with evidence - not just appearances.

Respond Today

- ☐ There is a safety concern
- ☐ Distress is increasing
- ☐ The child needs support now
- ☐ The demand can be made smaller

Respond Later

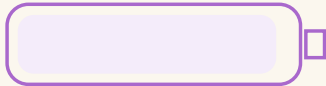
- ☐ Recovery is needed first
- ☐ Adult fear is driving urgency
- ☐ The issue is not truly urgent
- ☐ Talking now may escalate things

Not every low-capacity day needs to become a progress concern.

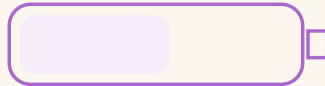
When Capacity Fluctuates

Support should respond to capacity - not just performance.

Capacity can change from day to day



higher capacity



mixed capacity



low capacity

What helps when capacity is lower than usual?

- | | |
|--|--|
| ☐ Reduced demands | ☐ Quiet space |
| ☐ More time | ☐ Clear expectations |
| ☐ Familiar routines | ☐ Movement breaks |
| ☐ Familiar people | ☐ Rest or recovery time |

Flexible Support Plan

What can be adjusted without treating it as failure?

One support that still protects regulation:

Support should respond to capacity - not just performance.