

Therapeutic Foster Care Daily Log

Name: _____ **Date:** _____

Medications taken:

What went well today:

Struggles today:

Appointments/Visits attended:

Other:

Completed by:

Tips for Writing a Successful TFC Daily Log

1. Avoid emotional or judgmental language. It is not a personal diary.
2. Think of the daily log as a tracking system for observing successes, differences in behavior, and how you have intervened with young people in your care.
3. Be clear with your language and say what you see.
4. Hold in mind the audience. This includes the young person, their birth family, professionals, and potentially the court if requested.
5. Be thoughtful with your language and how you phrase and comment on what you notice and see. Think again about the audience and how this may be interpreted.
6. Be clear. Is it a **FACT** (something that has actually happened which can be verified or corroborated) an **OPINION** (a belief or interpretation of events – this means it's subjective), or **HEARSAY** (information told to you by others, which is relevant, but you cannot personally verify)?
7. Don't use jargon or acronyms. They might make sense to you but may exclude others from understanding what you are communicating.
8. Have a routine for when you write your logs. Falling behind may mean you miss information and detail. Missed logs can build up quickly.
9. Use headings in your logs to offer structure and focus points on the areas you've been asked to track, for example, what a young person might be eating, their mood or behaviors. Consider using a scale (like 0-10) to articulate any difference in mood or behaviors.
10. Jot down notes in your phone during the day. That way, at the end of the day when you need to write, you have an accurate prompt of the day's events.