

What This Journal Is For

This journal was created to help parents slow down and notice.

Not to measure. Not to compare. Not to evaluate.

Just to observe what is already unfolding inside everyday life.

Some of the most important learning moments happen quietly.

A child carrying a stone.

Sorting leaves.

Pointing to a bird.

Bringing you something they discovered.

These pages help you keep those moments.

Not as milestones. Not as data points. Simply as memories of a child discovering the world — in their own particular way, at their own particular pace.

This journal belongs to a family that noticed.

How To Use This Journal

01

Observe

Simply watch your child during ordinary moments — at the table, outside, during play. Notice what they return to.

02

Notice

Pay attention to what holds their interest longest. What do they touch, carry, sort, or examine again and again?

03

Write one thing

You don't need to fill every line. One sentence — even one word — is a record worth keeping.

04

Leave the rest

Empty lines are not failures. They are simply days you were present in another way.

*No daily requirement. No pressure. No catching up. No perfect record keeping.
Use one page a week if that feels right. One page a month if that feels right.*

These pages will wait for you. There is nothing to catch up on here.

What Learning Looks Like at This Age

Between 18 and 24 months, children learn through doing, not sitting. Each of the eight pages in this journal follows one domain of learning — not as a checklist, but as a lens for noticing.

Exploring

Collecting

Carrying

Comparing

Touching

Observing

Noticing

Watching

Pointing

Wondering

Organising

Sorting

Grouping

Matching

Counting

More · Less

One · Two

Many

Describing

Words

Sounds

Textures

Colours

Connecting

Sharing attention

Showing

Looking together

Helping

Participating

Carrying

Cleaning

Contributing

Expressing

Needs

Feelings

Gestures

Language

What These Moments Might Mean

Noticing what your child does is the first step. This page offers a quiet second step — a gentle way to connect everyday behaviour to the learning that may already be happening.

YOU NOTICE...	YOUR CHILD MAY BE LEARNING...
Carrying objects everywhere	Purpose, ownership, and spatial memory — building a sense of what belongs to them and what matters
Repeating the same action	Experimentation and discovery — testing whether the result will be the same, building reliable mental models
Lining things up	Classification and organisation — the earliest foundations of mathematical and logical thinking
Bringing objects to you	Shared attention and connection — one of the most important social-communication milestones
Watching something carefully	Observation and attention — building the capacity to notice detail before acting
Sorting objects by type	Early mathematical thinking — categorising is one of the first abstract cognitive skills
Pointing repeatedly	Curiosity and communication — inviting you into their world and naming what matters to them
Returning to the same activity	Deep learning through repetition — mastery is built in small, persistent returns, not single performances

These are possibilities, not requirements.

Children learn differently and at different speeds. Use this page as a lens, not a checklist.

Today I Noticed...

Collecting · Carrying · Comparing · Touching

DATE

WHERE WE WERE

- Today I noticed...

- What was my child interested in?

- What did they keep returning to?

What did they collect today?

- A word or gesture I want to remember

Today I Noticed...

Noticing · Watching · Pointing · Wondering

DATE

WHERE WE WERE

● Today I noticed...

● What was my child interested in?

● What did they keep returning to?

What held their attention the longest?

● A word or gesture I want to remember

Today I Noticed...

Sorting · Grouping · Matching · Arranging

DATE

WHERE WE WERE

- Today I noticed...

- What was my child interested in?

- What did they keep returning to?

How did they group or arrange things?

- A word or gesture I want to remember

Today I Noticed...

More · Less · One · Two · Many

DATE

WHERE WE WERE

- Today I noticed...

- What was my child interested in?

- What did they keep returning to?

Where did quantity show up naturally today?

- A word or gesture I want to remember

Today I Noticed...

Words · Sounds · Textures · Colours

DATE

WHERE WE WERE

- Today I noticed...

- What was my child interested in?

- What did they keep returning to?

What new words or descriptions appeared today?

- A word or gesture I want to remember

Today I Noticed...

Sharing Attention · Showing · Inviting · Looking Together

DATE

WHERE WE WERE

- Today I noticed...

- What was my child interested in?

- What did they keep returning to?

What did they want to show me today?

- A word or gesture I want to remember

Today I Noticed...

Participating · Carrying · Cleaning · Contributing

DATE

WHERE WE WERE

- Today I noticed...

- What was my child interested in?

- What did they keep returning to?

How did they try to participate or help today?

- A word or gesture I want to remember

Today I Noticed...

Needs · Feelings · Gestures · Language

DATE

WHERE WE WERE

● Today I noticed...

● What was my child interested in?

● What did they keep returning to?

What were they trying to communicate today?

● A word or gesture I want to remember

Looking Back

Not a summary. Not a report. Just a quiet few minutes to sit with what you noticed this week — and what it might mean.

WEEK OF

What surprised me this week?

When did my child seem most engaged?

What moment stayed with me?

What might my child be trying to learn right now?

Tiny Moments Worth Keeping

Some moments are too small for photographs.

Write one here.

write freely here

Nature Discovery Page

What treasures did we find?

DRAW OR DESCRIBE

TAPE A PHOTO OR LEAF HERE

photo or treasure

WHAT WE NOTICED

MY CHILD'S REACTION

ONE WORD TO REMEMBER THIS DAY

My Child This Season

Fill this in now. Return to it in a few months. The distance between the two will be remarkable.

DATE

Right now they love...

Right now they carry everywhere...

Right now they notice...

Right now they say...

Right now they laugh about...

Right now I hope they never stop...

Letter To My Future Self

Somewhere ahead, you will find this page again. Write something worth finding.

Today my child is...

One thing I don't want to forget...

Something that made me smile recently...

A small detail that feels important right now...

If I read this years from now, I hope I remember...

Written in the ordinary days — which are the remarkable ones.

A GENTLE REMINDER

Learning between 18 and 24 months
rarely looks impressive from across
the room.

It often looks like a small hand holding a
pinecone.

Looking closer.

Turning it over.

Then doing it all again tomorrow.

*And sometimes, that is exactly
what learning is.*

Chichiberry Parenting

Continue The Discovery

*Each month we create new observation tools,
printable journals, simple learning invitations,
and thoughtful parenting resources.*

Stay connected with Chichiberry Parenting for gentle resources
that feel like they were made for your home — not a classroom.



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Free printables, gentle parenting resources, and more journals like this one.

Observation Page

What each journal page looks like inside

DOMAIN 01 · EXPLORING

Today I Noticed...

TODAY I NOTICED...

WHAT WERE THEY INTERESTED IN?

What did they collect today?

Each of the 8 observation pages follows one learning domain. Every page includes a unique domain-specific prompt alongside the shared observation structure — so each page feels intentionally designed, not duplicated.

Reflection & Keepsake Pages

The pages parents return to for years

WEEKLY REFLECTION

Looking Back

What surprised me this week?

What moment stayed with me?

KEEPSAKE PAGE

My Child This Season

Right now they love...

Right now they say...

Right now I hope they never stop...

The Weekly Reflection page surfaces patterns across the week. The Keepsake page — "My Child This Season" — is designed to be filled in more than once, so parents can watch their child change across months.

WHAT'S INSIDE — 20 PAGES

8 Observation Pages · Interpretation Guide · Weekly Reflection · Tiny Moments · My Child This Season ·

Letter to Future Self

Tiny Moments Page

A memory page for things too small for photographs

Some moments are too small for photographs.

Write one here.

write freely here

The Tiny Moments page is a quiet memory keeper — a place for observations that don't need prompts, just space. The kind of moment you'd want written down three years from now.

"Not a milestone tracker. Not a developmental assessment. Not a checklist. Just a calm observation journal for parents who want to notice what is already happening."

Chichiberry Parenting
chichiberry.com

FREE PRINTABLE
Toddler Discovery Journal · V2