



TERATOGEN RESOURCE SERIES

TER-00

About the Series & How to Use It

A personal record from pregnancy through development, designed to help organise observations and supporting information over time.

darksideofmedicine.org

Version 1.0



About the Teratogen Resource Series

The Teratogen Resource Series (TER) is a collection of practical, personal records designed to help individuals and families organise information from pregnancy through childhood, education and young adulthood.

The series brings together information that can otherwise become scattered across pregnancy notes, family memories, clinical letters, education records, assessments and other documents.

The TER record belongs to you. Choose what you use, what you record and what you keep with it.

What the Series Is For

TER can be used to build a factual record over time. Depending on the stage of the journey, this may include:

- pregnancy planning and family medical history
- medicines, illnesses and environmental or other exposures during pregnancy
- a pregnancy exposure timeline and birth information
- parent or family observations of development
- information from health and other professionals
- nursery, school, education and support records
- the young person's own perspective as they grow older

A Personal Record - Not a Research Questionnaire

You do not need to complete every resource or every section. Some people may record only a small amount of information; others may choose to build a detailed longitudinal record.

The prompts are there to help you remember. They are not a list of things that are expected to happen and they do not mean that an exposure, observation or event caused a later outcome.

Record what matters to you. You do not need to decide what information may become important in the future.



Build the Record in the Way That Works for You

You may wish to keep your TER resources in a ring binder, folder on a computer or tablet, or another system that works for you. Resources can be printed again whenever you need more recording space.

Keep Original Information Alongside Your Observations

You do not need to copy clinical or professional information into TER if you already have the original document. You can keep or index supporting information such as:

- GP, consultant, hospital or clinic letters
- maternity, birth or neonatal information
- health visitor and therapy reports
- hearing, vision, developmental or psychological assessments
- nursery and school reports
- SEND, support-plan or Education, Health and Care Plan information where applicable
- test results, discharge information and other relevant professional records

Keep the source clear. A family observation, a school observation and a clinical record can all be valuable, but they should remain identifiable as different sources of information.

Use Dates Where You Can

Dates, ages and gestational weeks can help information make sense later. Exact dates will not always be known. Record what you know rather than leaving useful information out because a date is uncertain.

The Record Can Grow With the Child

The developmental resources move from parent-led observations in infancy towards including nursery and school information, professional records and, increasingly, the young person's own perspective.

The final TER developmental record covers ages 18-25. From there, the Dark Side of Medicine My Life series can support an ongoing person-centred adult record.



Sharing and Future Research

TER is designed first and foremost as a personal record. Keeping a clear record may help an individual or family understand and communicate their own history and support discussions with professionals.

A family or, where appropriate, the individual may later decide that information from their record could contribute to research. That is a separate choice. Keeping a TER record does not enrol anyone in research and does not give permission for the information to be used by others.

Your record remains your record. You decide who you share it with and for what purpose.

Important

The Teratogen Resource Series supports information gathering, organisation and discussion. It is not a diagnostic tool, risk assessment or substitute for professional advice.

If you are concerned about pregnancy, health, development or treatment, seek advice from an appropriate healthcare or other relevant professional.

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Using the Series

Start with the resources that match your current stage. Add new pages when useful, keep supporting documents alongside them if you wish, and allow the record to develop at your own pace.

One series, one continuing record. Use what is helpful. Add what is relevant. Keep the information that matters to you.