



FREE ONE-PAGE TOOL 12 | PARENTING AND FAMILY

Ask for a School Conversation

You can request a private conversation without telling every detail of your family's story.

1 Name the concern

Is your child having trouble with transitions, attention, sleep, or feeling safe?

2 Ask about support

Find out who can meet, what can be documented, and how information is shared.

3 Agree on one follow-up

Choose a date to check whether the plan is helping your child.

A phrase you can borrow

"Could we meet privately to talk about a change at home and what support may help my child at school?"

Make it yours

The one thing I want the school to understand:

This free sheet offers education and peer support, not individualized medical, mental-health, legal, or safety advice. If you are in immediate danger in the U.S., call 911. For crisis support, call or text 988. If someone may monitor your device, consider a safer way to access this resource.

Learn more: childmind.org/guide/helping-children-cope-after-a-traumatic-event/