



SPECIAL NEEDS | FIELD GUIDE

When plans change without warning

Give your child information and choice inside the change.

A note from Victoria

A surprise schedule change can unsettle even a good day. You cannot prevent every change, but you can make the next step clearer.

What to do

Say what changed, what stayed the same, and what happens next. Use the form your child understands - words, pictures, writing, or a device. Offer two real choices about the transition. Afterward, note what helped so adults can prepare better next time.

Words you can use

"The appointment moved. Lunch is still at home. We leave after lunch. Would you like to see the calendar or talk it through?"

One useful step I can take today:

I could start with: Write the one unchanged part of today you can point to.

The strength I see in you

You are giving your child a foothold in uncertainty.

Educational peer support, not individualized medical, legal, or school advice. Partner with your child and their care or school team; consult a qualified advocate about rights questions.



SPECIAL NEEDS | WORKSHEET

When plans change without warning

Use this page in your own words. You can leave any part blank.

What changed and what stayed the same

How I can show the new sequence

Two real choices my child can make

My next manageable step

A person, service, or place I can turn to (if useful)

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