

When School Is Hard for Your Child

Gather what you know about a rough patch at school before you talk to anyone there.

WHEN TO USE THIS

Use this when your child is having a hard time at school and you are not sure why.

What are you seeing at home? Write what you have actually noticed.

Sleep, mornings, stomach aches, mood after school.

What has your child said about it, in their words?

What do you want to ask the school? Write your questions here.

1.

2.

3.

4.

Who at the school do you trust most, and when will you contact them?

Bringing what you have noticed, in plain words, is enough to start the conversation.