Our family action plan

When School Feels Impossible • Julie A Milner

A place to gather thoughts and choose a manageable next step. You do not have to do everything at once.

Where are we today?

Date: _____ Review together on: _____

What feels hardest right now? _____

What is going a little better? _____

What would our child like adults to understand? _____

The four pillars: what we are noticing

Psychological — feelings, worries or thoughts: _____

Biological — sleep, energy, health or sensory needs: _____

Environmental — places, situations or demands: _____

Behavioural — patterns we notice without blame: _____

Our next small steps

One thing we will try: _____

Who can help? _____ When shall we review? _____

One question we want to ask school or another service: _____

One thing that could make home life easier: _____

People we can turn to

School contact / ALNCo: _____

Another helpful service or person: _____

Someone who supports the parent or carer: _____

When we check in again

What helped? _____

What did not help or needs changing? _____

What does our child want to try next? _____

A difficult week does not erase progress. Plans can change as needs and circumstances change.

For reflection and planning only; not an assessment or diagnosis.