

# CHILD WEEK PLANNING SHEET

**For Our Children and Families - practical public-use support for moments when families need calmer next steps. Not legal advice. Start with safety first.**

## Who this is for

Parents and caregivers who need one calmer place to look at the next few days: school, appointments, transitions, medication, supplies, messages, and support.

## How to use this sheet

1. Look only at the next 7 days.
2. Write down the child needs that cannot slip.
3. Mark which adult or system needs a message first.
4. Keep the week simple. Do not turn this into a giant file.

## THIS WEEK AT A GLANCE

Week of: \_\_\_\_\_

Child/children: \_\_\_\_\_

Main goal for the week: \_\_\_\_\_

What would make the week feel steadier by Friday? \_\_\_\_\_

## DO NOT LET THESE SLIP

- School attendance / pickup / drop-off
- Medication / refill / supplies
- Provider appointment / callback
- Childcare / activity logistics
- Transition / handoff planning
- Food / clothing / comfort items
- Sleep / routine / behavior support
- Transportation

Other: \_\_\_\_\_

### NEXT THREE THINGS TO HANDLE

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

#### WHO NEEDS A MESSAGE THIS WEEK?

- School
- Childcare
- Medical provider
- Counselor / therapist
- Co-parent / other caregiver
- Family helper / backup adult

#### Name / contact / reason:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### KEY TIMES THIS WEEK

#### Day / time / what matters:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### TRANSITIONS OR CHANGE POINTS

What switch, handoff, appointment, or school change needs extra planning?

\_\_\_\_\_

What should be packed, confirmed, or said ahead of time?

\_\_\_\_\_

### CHILD IMPACT NOTES

What is the child showing this week that matters?

\_\_\_\_\_

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What seems to help most?

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### **SUPPORT CIRCLE THIS WEEK**

Who can help if something shifts?

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### **SHORT MESSAGE DRAFT**

**Use one calm update only if needed:**

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### **END-OF-WEEK RESET**

What worked?

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What needs to be simpler next week?

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Public-information tool only. Not legal advice.