

CHILD WEEK RESET 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.

When the week goes sideways

Purpose

Use this one-page reset when the child's week suddenly changes: missed pickup, school closure, illness, medication change, provider cancellation, transportation problem, childcare disruption, or a rough handoff.

1. What changed today?

- What happened?
- What time did it change?
- What does the child need first?

2. What cannot slip in the next 24 hours?

- School / attendance / pickup
- Medication / health / appointment
- Childcare / supervision
- Transportation
- Food / clothing / sleep items
- One calming support for the child

3. Who needs a simple update?

- School or childcare
- Provider
- Other parent / family communication system
- Backup adult or helper

4. Keep the next message short

Use only:

- what changed
- what the child needs next

- what time-sensitive step matters
- what confirmation is needed

5. Backup plan

- If the first plan fails, what is plan B?
- Who can help?
- What item or record should stay visible?

6. Child impact notes

- Sleep
- Mood
- Behavior
- Missed school or activity
- Health / medication
- Transition impact

7. End-of-day reset

- What still matters tomorrow?
- What can wait?
- What should be moved onto the week planner?

Pair this sheet with:

- Child week planning sheet
- Communication and appointments log
- School and care team sheet
- Support circle sheet
- Message starters
- Transitions and handoffs planner

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