

# SCHOOL AND PROVIDER STRAIN CHECK

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

## Public-use parent guide

Use this when family conflict is starting to spill into school, childcare, medical care, therapy, or other support around the child.

## COMMON SIGNS OF STRAIN

- attendance problems after conflict-heavy days
- repeated pickup confusion
- providers getting mixed or partial information
- medication issues during transitions
- missed forms, releases, or records requests
- the child arriving dysregulated, exhausted, hungry, or unprepared
- school or childcare not knowing who to contact first
- the child talking more about adult conflict than about school or care needs

## WHAT TO STABILIZE FIRST

### 1. Contact information

Make sure school, childcare, providers, and emergency contacts are accurate.

### 2. The week's practical facts

Schedule changes, transportation, medication, appointments, allergies, forms, and pickup instructions should be in one clean place.

### 3. Child-impact updates

If conflict is affecting attendance, regulation, sleep, counseling, or medical follow-up, say that clearly and briefly.

## 4. One support circle

Keep the child's helpers visible: school contact, counselor, pediatrician, childcare, transportation backup, and a trusted family helper if appropriate.

### SIMPLE CHECKLIST

- Does the school know who to call first?
- Does the provider have current medication / allergy / care information?
- Has the child missed anything because adults were fighting?
- Does the next pickup or appointment need a calmer written note?
- Does one safe helper need the updated facts today?

### BEST TOOLS FOR THIS LANE

- Family update sheet for school, childcare, and providers
- Child school and care team sheet
- Child communication and appointments log
- Records and documents request checklist
- Questions for calls, meetings, and visits
- Child support circle sheet

### WHEN TO MOVE TO SAFETY SUPPORT

If school, childcare, or providers are seeing fear, threats, stalking, coercion, repeated dangerous confusion, or other immediate safety concerns, use the safety lane first.

Public-information tool only. Not legal advice.