

School + Provider Support Start Here

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

Use this when family stress is starting to affect school, childcare, medical care, counseling, or therapy.

This is a child-centered guide. It is not for recruiting teachers, counselors, doctors, or therapists into adult conflict.

Start with five questions:

1. What does the school or provider actually need to know right now?
2. What change affects the child this week: attendance, pickup, medication, behavior, sleep, appointments, or communication?
3. Who needs the update first?
4. What can be said in two calm factual paragraphs?
5. What should stay out because it belongs in adult conflict, not child care?

Keep the update short:

- current change
- child impact
- practical need
- contact method
- next check-in

Good update shape:

- There has been a family change or a high-stress week.
- The child may need extra support with attendance, transitions, or regulation.
- Here is the practical point that matters for school or care.
- Please use this contact path for pickup, questions, or urgent concerns.

Do not ask school or providers to take sides.

Do not send long grievance narratives.

Do not copy children into adult conflict.

Use next:

- school-update-checkin-public.txt
- provider-visit-prep-public.txt
- records-releases-contacts-public.txt
- school-provider-message-bridge-public.txt