# Preparing for a School Meeting

## Helping You Feel Calm, Confident and Prepared

SUPPORT • NAVIGATE • THRIVE

Parenting PANDAS

# Before the Meeting

**Take a few minutes beforehand to think about:**

- What is going well?
- What worries you most?
- What changes would make the biggest difference?
- What does your child want adults to understand?
- Write down your three most important points.
- It is easy to forget them when emotions run high.

# Questions You Could Ask

- What strengths do you see in my child?
- What situations seem hardest?
- Have you noticed any triggers?
- What adjustments have helped?
- How will we review progress?
- How can we work together consistently?

# Helpful Reminders

It's okay to:

- ✓ Ask for clarification.
- ✓ Take notes.
- ✓ Ask for copies of reports.
- ✓ Say you need time to think.
- ✓ Bring someone with you.
- You are an expert in your child.
- Professionals bring their expertise too.
- The best outcomes happen when everyone works together.

# Meeting Notes

## What was agreed?

## Who will do what?

## Review date

## Questions to follow up

# Key Takeaways

- Prepare beforehand.
- Focus on collaboration.
- Keep notes.
- Your voice matters.

## Remember...

You know your child best.
Trust your instincts.
You are doing an
incredible job.

With Love and Support,

*Becky*

**Parenting Pandas UK**