

# Things You Need to Know About My Child Who Has Learning Challenges

Child's Name: \_\_\_\_\_

Dear Teacher: We know the start of the school year can be hectic! I look forward to meeting with you soon about my child. In the meantime, here is some information you might find helpful! I look forward to working with you this year.

## Strengths, Likes, Interests

## 2 Things that are hard

My child has a lot of strengths and interests. Here are some of them!

Here are two challenges I am most concerned about for my child (learning and/or behavioral):

## Triggers and Warning Signs

## Our goal for this year

These are the things that can trigger my child, and what you might see my child doing when they start struggling:

The one thing I would really love to happen for my child this year is this:

## Strategies we use at home

## Bonus: Best Way to Connect

These are the most helpful strategies for my child:

Let's keep connecting through the year! Here is the best way to reach me (parent: indicate whether phone or email is best):

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

For more information and resources about child, youth and family mental health, please visit:

