PARENTS & GUARDIANS | PLANNING EXERCISE

Prepare for one demanding school moment

A simple family plan for an exam period, transition, competition or other foreseeable demand.

USE THIS RESOURCE

This exercise is about practical preparation. It does not predict crises or place responsibility for every difficulty on family routines.

Choose the moment together

1. What school event or transition is approaching?
2. What does each family member expect will be demanding?
3. Which pressures can we influence, and which are outside our control?

Make four decisions

1. Practical arrangements: confirm transport, materials, dates and communication.
2. Capacity: decide what can be simplified during the period; avoid adding an ambitious new routine.
3. Connection: choose a realistic opportunity to check in without making every conversation about performance.
4. Support: identify the appropriate school contact and the route to professional help if it is needed.

Your working notes

Keep this copy for your use. Do not add private cases to shared programme materials.

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Use this planning sentence

“For [moment], we will prepare [one practical thing], make space for [one manageable point of connection], and contact [appropriate role] if we need help with [defined issue].” Keep the plan somewhere useful to the family.

Review without blame

1. What helped us participate and cope with the demands?
2. What was harder than expected?
3. What would we keep or change for the next occasion?

KEEP IN VIEW

Prepare what is practical, stay open to what changes and keep support routes clear. A child’s worth is not defined by the outcome.

One next step to take

Keep this copy for your use. Do not add private cases to shared programme materials.

Read this guide online

https://behindthemarks.org/resources/family-pressure-plan

Programme enquiries: tapiwa@nojobsjustwork.com

Resources are free to use. An enquiry creates no obligation to purchase or participate. Keep personal cases out of programme enquiries.