



Part 7 | Chapter 1
Is Everything Okay?

REVIEW CHECKLIST

For making sure everything is okay

- Do I always pay close attention to what my child says, and pick up on any negative or hopeless comments?
- Do I listen carefully to what my child does *not* say, and take notice of sudden changes in behavior?
- Do I pose open-ended questions to my child when I am trying to gather school related information?
- When I'm suspicious that my child's anxiety about school is increasing, and something might be amiss, do I play detective?
- If behaviors cause concern, do I track them to identify patterns, and request that teachers do the same?
- Do I make my school-related questions specific enough if my child has limited expressive language?
- Do I take sufficient time to compose my questions carefully?
- Am I creative in asking questions? Do I use role-play?
- Do I seek out other sources, such as the teacher, if my child struggles to communicate in various ways?
- Do I look through my child's school backpack with him to gather school related clues, and use the opportunity to teach (or praise) her for organizational skills?
- Do I mindfully use my intuition to schedule my inquiries at the best possible time for optimal results?