**After Meeting Reflection Guide**

**FOR FAMILIES**

**FELT HEARD AND CONCERNS WERE ADDRESSED THROUGH ACTION OR A PLAN FOR ACTION**

- **SEND FOLLOW UP THANK YOU EMAIL OR CORRESPONDENCE**
  - **CONTINUE ONGOING COMMUNICATION AND COLLABORATION WITH YOUR CHILD'S SCHOOL TEAM**

**DID NOT FEEL HEARD AND CONCERNS WERE NOT ADDRESSED THROUGH ACTION OR A PLAN OF ACTION**

- **PAUSE, GIVE YOURSELF BREATHING ROOM BEFORE CORRESPONDENCE AND/OR MAKING A PLAN. GIVE IT 12-24 HRS**
  - **IDENTIFY SPECIFICALLY WHAT CONCERN WAS NOT ADDRESSED. SEEK OUTSIDE SUPPORT IF NECESSARY.**
  - **FORMULATE WHAT RESPONSE YOU WOULD LIKE TO SEE HAPPEN. Create a list of reasonable solutions.**
- **FORMULATE EMAIL OR SET UP A MEETING TO COMMUNICATE CONCERNS AND POTENTIAL SOLUTIONS. Seek outside support if necessary.**

**AFTER FOLLOWING THIS PROCESS AND YOU STILL HAVE NOT COME TO AN AGREED SOLUTION, CONSIDER ACCESSING YOUR LOCAL POLICIES ON DISPUTE RESOLUTION AND PARENTS RIGHTS.**

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