WHY I RECOMMEND THESE

## A calmer way through school stress

Many families I work with feel overwhelmed when something goes wrong at school. Meetings move fast, the paperwork is confusing, and everyone around them already seems to have an opinion.

These resources offer a few simple habits: asking clearly, keeping a calm record, and noticing the stories we're handed before we accept them. They're built around your child's strengths and your child's voice.

> Many teens can help write the questions. It's their education too.

> These are educational tools, not counseling or therapy. If school stress is affecting you or your child, let's talk about it in session.

CONTACT

## [Your Practice Name]

CHILDREN • TEENS • FAMILIES

[Website]
[Phone]
[Email]

[Photo: parent and teen at a kitchen table]

*[Your practice tagline]*

These materials are educational. They are not counseling, therapy, legal or medical advice, and using them does not create a counseling relationship. This brochure is not a way to reach your counselor. For urgent help, call or text 988, or call 911.
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# Merakī

Exercise Freedom

## Ever left a school meeting not sure what you just agreed to?

Calm tools for families of curious, creative, neurodivergent kids.

A MERAKI PARENT SERIES RESOURCE

FREE · START HERE

## Before You Agree

A short guide for parents, built on three ideas:

- **Look before you agree.** Notice when a story arrives already explained.
- **Notice the role you're handed.** Victim, villain or rescuer, and how to step out of that triangle.
- **Remember the whole person.** A hard moment isn't the whole story, for your child or for you.

**Free download**
Scan for the guide, or visit culturalcontrarianpma.org

If some of this sounds familiar for you too, you're in good company.

SEE THE DIFFERENCE

## The same email, two ways

~~THE FIRST DRAFT~~

~~STILL WAITING!! Nobody has bothered to respond. It's obvious the school doesn't care about my son.~~

AFTER A PAUSE

On October 3, I asked in writing for my son to be evaluated. I haven't received a reply as of today. Please let me know by October 31 whether it was received and what the next step is.

The second one gets answered. Our family tools help you write it, track it and stay calm while you wait.

**Family tools**
The full Parent Record Kit and more:
merakiuniversity.gumroad.com

STAY CONNECTED

## One small habit a week

A free newsletter for parents: how to ask in writing, how to pause before you send, how to recap a phone call, and more.

**Sign up free**
regulated-kids.beehiiv.com

### Where to get help

For school and disability questions, every state has a free **Parent Training and Information Center**. Your state's **protection and advocacy organization** can also help. For legal advice, contact an attorney.

Some family tools are paid; no one receives payment for recommending them. They are educational, not counseling or therapy.