



# The Teacher Conversation Confidence Card

Use this card before parent-teacher meetings, school pickup conversations, class concerns, or quick check-ins with your child's teacher. It gives you calm ways to start, useful questions to ask, and simple lines to end with a clear next step.

## — SIMPLE LINES FOR TEACHER CONVERSATIONS

### CONFIDENCE REMINDERS

I do not need to sound perfect. I only need to be clear and respectful.

I can ask questions without feeling difficult.

I can listen and still advocate for my child.

### START THE CONVERSATION

"Hi, I wanted to check in and see how my child is doing lately."

"I'm curious what you're noticing about my child at school."

"Is there anything you think I should know right now?"

### LEARNING + CLASSWORK

"How is my child doing with classwork right now?"

"Where do they seem confident?"

"Where do they seem frustrated or behind?"

### FRIENDSHIPS + SOCIAL LIFE

"How does my child seem socially in class?"

"Do they seem comfortable joining group activities?"

"Have you noticed any friendship issues or exclusion?"

### BEHAVIOR + EMOTIONS

"How does my child handle transitions?"

"Do they seem calm, anxious, distracted, or overwhelmed?"

"What helps them settle when they are upset?"

### END WITH CLARITY

"Thank you for taking the time to talk with me."

"So our next step is \_\_\_\_\_, right?"

"Can we check in again in a week or two?"

### CONCERN

"I wanted to bring something up calmly and get your perspective."

### ADVOCATE

"I hear you. At the same time, this is something I want to take seriously."

### NEXT STEP

"I would feel better if we had one clear thing to try next."

**Need more words for school and parenting moments?**

Find scripts and confidence guides for teacher conversations, school concerns, and child boundaries.

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