

Sometimes the problem isn't the child, it's the setting.

Where does my child struggle most?

- school homework mornings bedtime social settings
- sports chores other: _____

What is the environment asking of them? (e.g., sit still, focus quietly, transition quickly, tolerate noise, perform on demand)

What might be mismatched?

If nothing was "wrong" with my child, what might I adjust first?

- expectations schedule sleep transitions screen time
- workload sensory input social exposure family time
- other: _____