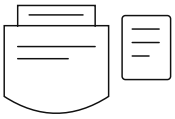
PRACTICAL COMPANION · ESSAY REMAINS IN REVIEW

Your Child. Your Voice.

Prepare one clear concern

Bring a concern, supporting information and a useful request to the right person.

01	02	03
What happened?	**What supports it?**	**What change would help?**



Analogy: Pack a small folder for a conversation. Label what happened, what supports it, and what change you want. You do not need to build a whole case to ask a question.

How to use this

1. Describe one event and its date. Label estimates and unknowns. You can be upset and still make one clear request.
2. List relevant information you lawfully hold and where it is kept. Preserve originals privately.
3. Choose one requested change, identify who can respond, and ask what support can continue meanwhile.

Picture the idea

Analogy: Pack a small folder for a conversation. Label what happened, what supports it, and what change you want. You do not need to build a whole case to ask a question.

Made-up example

Made-up example: A parent receives two appointment changes and does not know why. They ask who can explain the changes and confirm what schedule can be supported next week. No motive or legal conclusion is assumed.

Source context

B1: Professional standards and their limits B3: Access is a bounded right

Source links support the context, not a validated score or proof that completing a worksheet improves outcomes.

DRAGEN has limits. Honest, specific critique helps us improve.

What could be better? Give feedback.

Your printable worksheet

Write general notes without names or health details. Notes are not sent or saved. Print to keep them.

What happened, and when

_____

Information I lawfully hold, and where it is kept

_____

The change I am asking for

_____

Support needed while we clarify this

_____

Who can respond, and my next question

_____

Try it

Turn 'I never know what is happening' into one answerable request.

Who can confirm next week's schedule, and how will changes be communicated?

Why: The question identifies an action and a responsible person without guessing anyone's motives.

Keep the context

- This prepares a conversation; it does not determine a legal claim or deadline.
- Urgent safety concerns or possible legal deadlines call for prompt qualified help. Do not wait to finish this sheet.

General education. This worksheet does not create treatment, legal conclusions or a quality rating. For urgent danger, contact local emergency services.