

# CONFIDENTLY CONNECTING WITH SCHOOLS: A GUIDE FOR CAREGIVERS

Check out these empowering tips to help you feel more confident and connected when communicating with teachers and school staff. Remember that your voice matters in your child's education! Building a strong relationship with their school can help your child succeed academically, socially, and emotionally.



## Prepare for meetings or conversations:

- List out questions or concerns ahead of time.
- Bring a friend, translator, or support person if needed.
- Take notes or ask for a follow-up email to review later.



## Stay up to date:

- Know how your student(s) teacher and school share important information.
- Know the best way and times to contact your student's teacher.
- Keep track of important dates, activities, and events.





## Build relationships

- Participate in events and activities when your schedule allows.
  - Connect with other caregivers, by joining school events or caregiver groups.
  - Utilize available community and school resources.
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## Ask questions:

- When communicating with teachers or school staff, ask open-ended questions to stay informed:
    - “What can I do at home to support my child?”
    - “How is my child doing socially and emotionally?”
    - “What are some resources I can use to understand this better?”
    - It’s okay to ask for clarification or say, “Can you explain that another way?”
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## Use strengths:

- To build rapport, remember that you and your student(s) teacher are on the same team! Remember to share updates, positive notes, and insight regarding your student.
- When communicating with teachers or school staff, try starting with:
  - “One thing I’ve noticed my child does really well is...”
  - “In our home, we value...”
  - “Here’s something that’s worked for us in the past...”
  - “I’d love to collaborate to build on my child’s strengths.”

It is normal to feel unsure or nervous! Remember that it is progress not perfection, showing up prepared and engaged can make a big difference.



## **FAMILY ENGAGEMENT CONNECTION CHECKLIST:**

- I believe my role in my student's education is important.
- I know how to contact my student's teacher.
- I've introduced myself or reached out at least once to my student's teacher.
- I know how my student's teacher and school share important information.
- I know how to share important information with my students' teacher and/or school.
- I feel comfortable asking questions or requesting support.
- I know when to attend and how to schedule parent-teacher conferences.

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## **3 THINGS I CAN DO TO CONNECT WITH MY STUDENT'S SCHOOL THIS MONTH:**

**1**

**2**

**3**