

Speaking to your child's school

A conversation sheet for parents and carers

You do not need to fill in every space. Use the questions that help your family.

Keep these notes private. There is no need to record names or offence details here.

1. What does your child understand?

What have they been told? What are they asking? What language would help home and school respond consistently?

2. How are they coping at home and school?

What have you and school noticed? What would your child welcome? Who would they feel comfortable speaking to?

A way to begin

"A parent in our family is in prison. Can we speak privately about how our child is coping and what support school can offer?"

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3. What support would your family welcome?

A trusted adult, a quiet check-in, guidance about visits or help finding support? Ask what is available and how to access it.

4. How will school follow up?

What will happen next? Who will do what? How will you hear back, and when will you review whether it is helping?

Before you finish, agree

Who we will contact, and how:

Next step and who will arrange it:

Review date, and what to do if concerns arise sooner:

Privacy and choice

Ask who needs to know and what will be recorded. Staff may need to share information for safeguarding. Ask them to explain those limits. Respect contact restrictions and the child's wishes and safety.

This is a blank paper prompt, not a form to send to Before the Gate.