

SCHOOL AND FRIENDS · WHEN THE TEACHER IS THE PROBLEM

*“I hear you. That sounds hard. Tell me a bit more.”*

Take her seriously without taking sides, and listen for the specific thing.

From *When the Teacher Is the Problem* · The Parent Book · First edition, September 2026

SCHOOL AND FRIENDS · THE FRIEND SHE HAS STOPPED MENTIONING

*“I’ve noticed you haven’t mentioned X for a while. I wonder if something’s changed there.”*

Say it in the car, and don’t expect an answer.

From *When the Best Friend Drifts* · The Parent Book · First edition, September 2026

SCHOOL AND FRIENDS · SUNDAY EVENINGS

*“I’ve noticed Sundays have started feeling hard. I’m not going to fix anything tonight. I’m asking what you’re noticing.”*

Bring it up while you walk to the corner shop together.

From *Sunday Evening Has Started Hurting* · The Parent Book · First edition, September 2026

SCHOOL AND FRIENDS · AT THE SCHOOL GATE

*“Which lesson felt longest?” “Where did you sit at lunch?”*

Ask after she has eaten and had an hour to herself. A child who can’t answer “How was it?” can usually answer that.

From *The Question at the School Gate* · The Parent Book · First edition, September 2026

SCHOOL AND FRIENDS · HARDER THAN EXPECTED

*“I’ve been noticing that some things at school have been harder than I’d have expected.”*

The conversation doesn’t have to start with the word diagnosis.

From *The Eldest Child You Are Wondering About* · The Parent Book · First edition, September 2026

SCHOOL AND FRIENDS · THE SPELLING LIST

*“I’ve noticed how hard you’re working on these, and how much of a struggle they still are. I don’t think this is about you not trying. I think there’s something going on that we haven’t worked out yet.”*

Take the gap between her effort and her results seriously.

From *When the Spelling Test Becomes a Battlefield* · The Parent Book · First edition, September 2026

SCHOOL AND FRIENDS · THE LIST ON THE DOOR

*“Your brain needs the list. That’s information about your brain, not a verdict on you.”*

Say it calmly, and often.

From *Routines That Work for an ADHD Child* · The Parent Book · First edition, September 2026

SCHOOL AND FRIENDS · RESULTS DAY

*“That’s hard. We’re going to think it through together. Today isn’t the day to make decisions.”*

For when the results aren’t what she hoped for.

From *The Day the GCSE Results Came* · The Parent Book · First edition, September 2026