

WHEN TO REACH FOR MORE SUPPORT

You Don't Have to Do This Alone

Every caregiver hits a point where outside help makes the difference. Noticing it early is a good thing.

Asking for help is a **strength you're modeling** — not a failure.

Signs it may be time

check any that sound like home

☐ Homework regularly takes hours

☐ Constant frustration or tears

☐ Avoiding or refusing school

☐ Grades sliding despite real effort

☐ Big changes in mood or sleep

☐ You feel stuck and alone

If a few of these feel true, it may be time to reach out — sooner is kinder than later.

Where to start

1

Start with the teacher

They see your child's day and can flag next steps.



2

Loop in a professional

Your pediatrician or school counselor.



3

Tell your caseworker

They can connect you to added support.