



**VERTICAL
LEARNING**
Aim Higher

PARENT REFLECTION CHECKLIST

For noticing patterns and planning support

Could Learning Feel Easier?

Check the clues you notice regularly.

Your child may not need to work harder. They may need support that fits.

LEARNING

- ☐ Reading, writing, spelling, or math takes extra effort.
- ☐ My child understands more than they can show on paper.
- ☐ Directions need to be repeated, shortened, or demonstrated.
- ☐ Strong abilities do not always show in completed work.

EMOTIONS & REGULATION

- ☐ Schoolwork leads to frustration, avoidance, or shutdown.
- ☐ Mistakes feel especially upsetting.
- ☐ Noise, hunger, fatigue, or movement affects learning.
- ☐ My child does well in some settings but struggles in others.

ATTENTION & ORGANIZATION

- ☐ Getting started is harder than doing the work.
- ☐ Long assignments feel overwhelming without smaller steps.
- ☐ Materials, directions, or completed work are often misplaced.
- ☐ Frequent reminders are needed for familiar routines.

HOME ROUTINES

- ☐ Mornings, homework, chores, or bedtime feel stressful.
- ☐ I am unsure how much help or independence to provide.
- ☐ Our current routine does not fit our family well.
- ☐ We need a simpler plan that supports everyone.

Look for the pattern

When does it happen? What makes it easier? What strengths can you build on?

Notice the clues. Create a plan.

Book a Vertical Learning Discovery Coaching Appointment.

Jackie Meche | Jackie.Meche@Vertical-Learning.com

