



LRES FAMILY WELLNESS CHECK-IN GUIDE

Worried about student engagement?
Consider doing a Family Wellness Check-In

1) CHECK IN ON *PEOPLE*

Start by checking in with the family member as a *person*. Remember that the family member you are talking to is likely the head of household, juggling many competing responsibilities and may be experiencing high levels of stress and anxiety.



- As a parent/caregiver – grown up to grown up – how are you doing right now?
- How is your child(ren) doing? How do they seem to be coping with everything? Are they able to maintain any social connections?
- How is everyone doing (mentally, physically, emotionally) in your home?

CHECK IN ON *RESOURCES*

After you've checked in on people, ask about immediate needs and resources.



- Is there anything you need but don't have?
- Do you have any urgent or pressing needs?
- If needed, do you know locations where you can pick up meals for your child? Do you have any concerns about getting to the meal distribution locations (i.e. transportation)?

3) CHECK IN ON REMOTE LEARNING

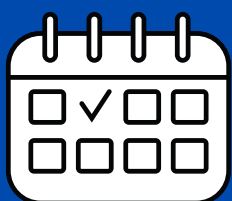
Next, check in on how virtual learning is going.



- Do you have any unmet technology needs?
- Do you need any help navigating assignments on Google Classroom, Seesaw, DreamBox, Istation, etc?
- Do you need any support keeping your kids engaged?
- How are you feeling about the resources and support available to you from our school and the district?
- How can I help you navigate the resources that have been provided to you?
- Is there anything that still seems unclear or what questions do you have for me?

4) SHARE IMPORTANT REMINDERS

Provide families with information about upcoming school events, class assessments, and available resources.



After you've concluded your Wellness Check In, be sure to follow up on any unmet needs that the family identifies, and report any emergency and/or immediate needs to appropriate school staff.