

# *A Day in the Life* Workbook for Parents of Kids with Trauma and/or Special Needs.



ARIZONA



FAMILY LAW RANCH

TAKE THE REINS BACK FROM THE COURT

[arizonafamilylawranch.com](https://arizonafamilylawranch.com)

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**YOUR EXPERIENCES MATTER**

# Explaining Special Needs and Trauma to the Court, Lawyers, and Co-Parents

## About My Children

- Names
- Ages
- School/Grade Level

## More than an age and grade

- What I love best about my child is...
- What they struggle is...
- The thing they need most is...



# Explaining Special Needs and Trauma to the Court, Lawyers, and Co-Parents

(Please attach the Provider Worksheet)

## A Clinical View – Diagnoses

- What is the diagnosis?
- What is the prognosis?
- Who Diagnosed and when?


## About this Diagnosis

- Insert diagnosis description:  
<https://www.webmd.com/>
- What does it look like for my child.




# Explaining Special Needs and Trauma to the Court, Lawyers, and Co-Parents

(Please attach the Worksheet)



Source of Trauma: Please explained the source and type of trauma the child has experienced




Trauma Triggers: What triggers or retraumatizes your child?



# Explaining Special Needs and Trauma to the Court, Lawyers, and Co-Parents

(Please attach the Trauma Worksheet)



How does trauma look like for your child?  
Please provide examples.



How can the court support your child's recovery  
and avoid retraumatizing your child?



# Explaining Special Needs Children to the Court, Lawyers, Advocates, and Co-Parents

**Support Services** – What support services do you have in place?

Who are the providers, and how often do they see them?

Is there a 504/IEP? Please Explain

(Please provide a copy with this workbook)

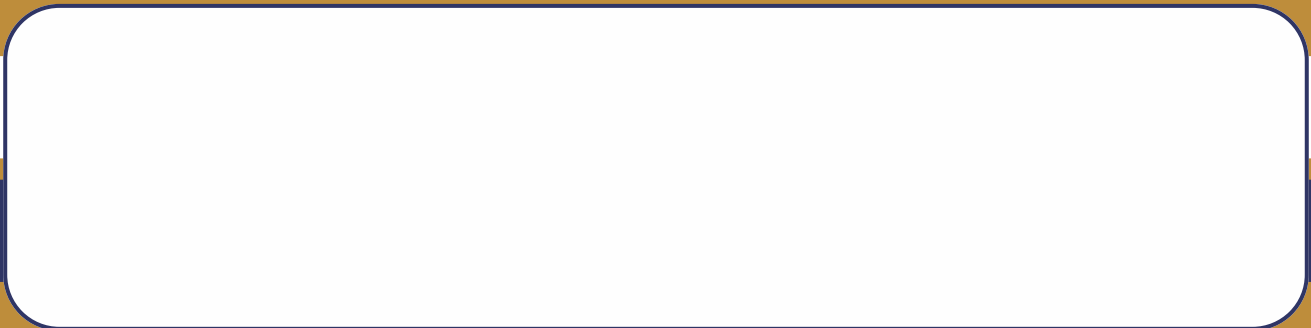


# Explaining Special Needs Children to the Court, Lawyers, Advocates, and Co-Parents

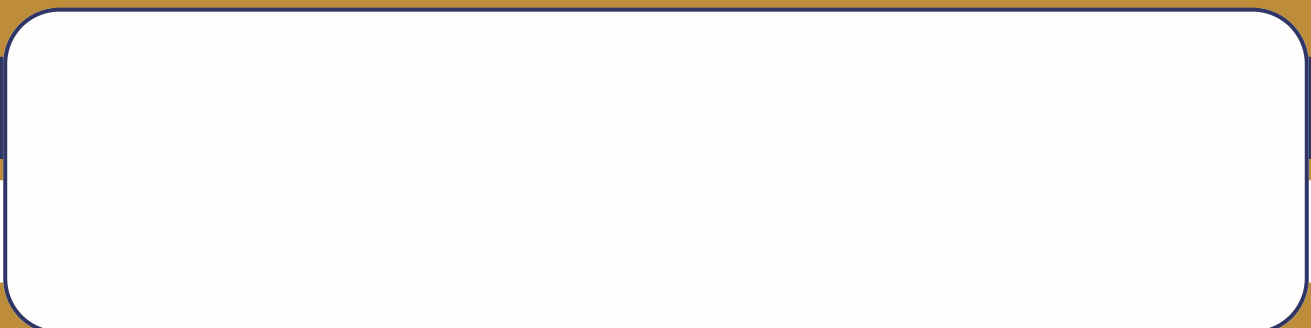
Do they take medication?  
Which Medication/How often?



Insert facts about the medication:  
<https://www.webmd.com/>



What is the system for ensuring  
medication is provided?



# Explaining Special Needs Children to the Court, Lawyers, Advocates, and Co-Parents

## Household Supplies

Does the child have tools or resources that need to be available in both homes? Please describe.

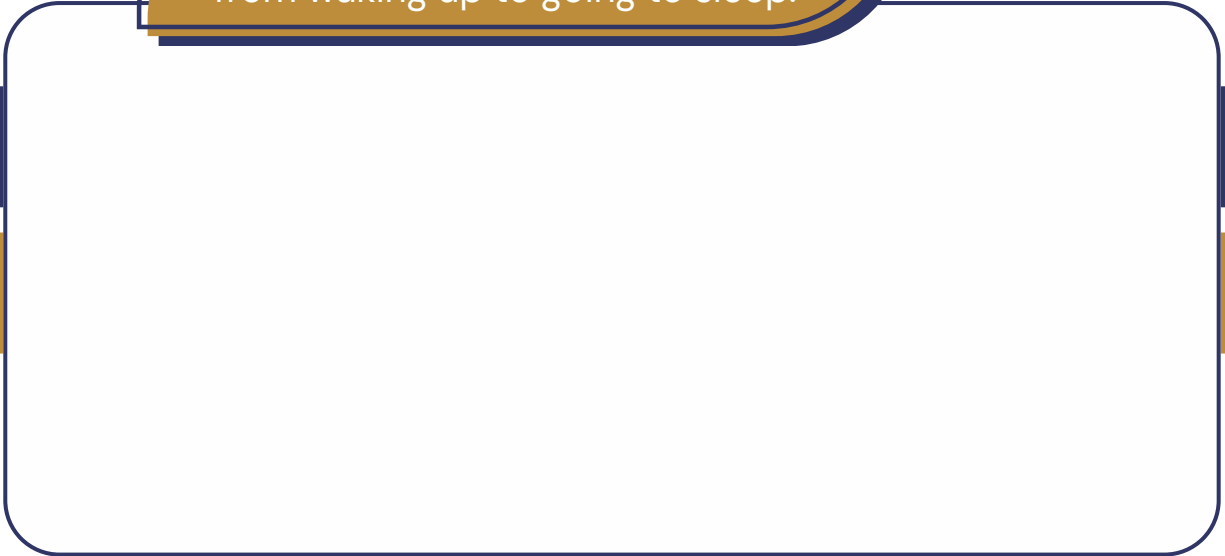
Are there certain items that the child needs available for school in both homes? Please describe.



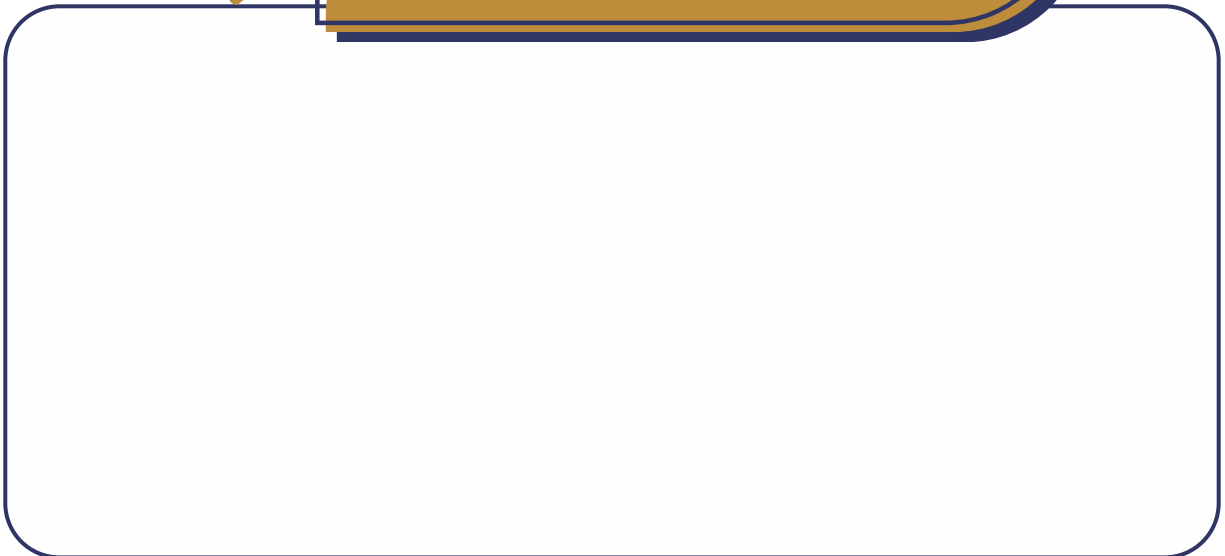


# Explaining Special Needs Children to the Court, Lawyers, Advocates, and Co-Parents

**Schedule/Routine** - Describe a day  
from waking up to going to sleep.



What does a good day look like?



# Explaining Special Needs Children to the Court, Lawyers, Advocates, and Co-Parents

Describe a bad day.

What does bad day look like?

What do you do to regulate your child when they dysregulate?



# Explaining Special Needs Children to the Court, Lawyers, Advocates, and Co-Parents

Describe a bad day.

Are there specific triggers?

Are there strategies or discipline routines that need to be avoided?



# Explaining Special Needs Children to the Court, Lawyers, Advocates, and Co-Parents

**Diet & Activity Restrictions**  
Are certain foods restricted?

Are certain activities  
encouraged or discouraged?

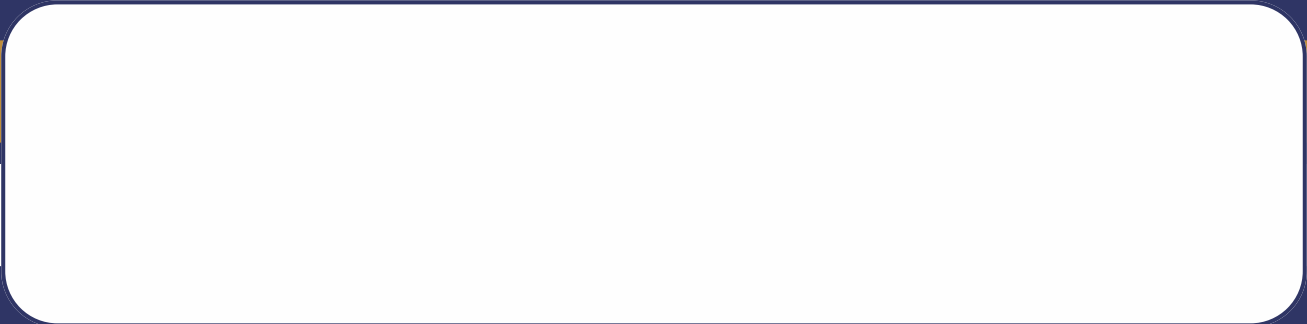
Additional limitations such  
as technology usage?



# Explaining Special Needs Children to the Court, Lawyers, Advocates, and Co-Parents

## Skills and Training

Do you have special skills or training to assist your child?



If the other parent or household members need additional training, what is recommended?



What are the specific risks to your child if the child's special needs are not accommodated in the court orders?



# Thank You!



CONTACT US



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# Forms of Evidence

- Medial Records
- Counseling Records
- CFT meeting minutes
- 504/IEP
- One pagers from providers on best practices
- Provider Worksheet
- Behavior Tracking Log