

Parent Reflection Guide

Is Advice Enough Right Now?

Introduction

This guide is designed to help you reflect on your child's situation and the kind of support that might be most helpful at this stage.

You can use this guide on its own, or alongside the short reflection video, which talks through each section and offers prompts to pause and think. Some parents read everything carefully in one go. Others skim, pause, or come back later. All of those approaches are fine.

There are no right or wrong answers. This is a reflective tool, not an assessment or diagnostic process.

Section 1

Where are you right now?

Take a moment to think about where you are at this point.

You might be facing a decision, such as choosing or changing a nursery or school, thinking about provision, or deciding how strongly to advocate. Or you may not be at a clear decision point but have a sense that something isn't quite sitting right.

You may want to reflect on questions like:

- Are you facing a decision that feels difficult to weigh up?
- Do you feel uncertain about whether your child's needs are being fully recognised or understood?
- Have you received advice or reports that left you with more questions than clarity?

If several of these resonate, it may be a sign that your situation is becoming more layered.

Notes

How complex is their profile?

High learning potential children, particularly those who are dual or multiple exceptional, often have asynchronous development.

Strengths and needs can interact in ways that are not always obvious. Social, emotional, sensory, and learning needs don't sit neatly in boxes, and support that helps in one area can sometimes create challenges in another.

You might find it helpful to reflect on:

- Do your child's strengths and needs affect one another?
- Do strategies that work well in one context seem to cause difficulties in another?
- Do professionals seem confident working at the intersection of high ability and additional needs?

Complexity does not mean something is wrong. It often means your child's profile needs to be understood as a whole.

Notes

Section 3

How confident do you feel about next steps?

Many parents seek support not because they lack information, but because they are second-guessing themselves.

You may want to ask yourself:

- Do you feel confident explaining your child's needs to schools or professionals?
- Are you revisiting the same decisions in your head?
- Would it help to have someone think things through with you, rather than trying to hold everything on your own?

Noticing doubt or fatigue here is important information. It does not reflect a lack of competence or care.

Notes

Section 4

What kind of support is most helpful right now?

Different situations call for different kinds of support.

Some parents find it helpful to:

- take time to reflect and orient themselves
- feel reassured that what they are noticing makes sense.

Others find it helpful to:

- talk things through in depth
- make sense of reports or professional advice
- leave with a clear plan they can act on.

Neither of these is better or worse. They simply reflect different needs at different points in time.

Notes

Section 5

Bringing it together

Take a moment to reflect on what you've noticed so far:

- Does your situation feel fairly straightforward, or layered and complex?
- Are you mostly seeking information, or clarity and direction?
- Would personalised thinking time help you move forward with confidence?

Support needs change over time. Choosing depth is not a failure to cope; it is often a thoughtful response to complexity.

Notes

Turning reflection into a clear next step

1. Which best describes your situation right now?

- I'm mainly looking for reassurance or orientation
- I'm facing a decision and feel unsure how to weigh my options
- I feel stuck and keep going round in circles
- I feel confident in some areas, but uncertain in others

2. How clear does your child's profile feel to you?

- Mostly clear
- Partly clear, but some things don't quite add up
- Quite unclear or contradictory
- I understand my child well, but struggle to explain their needs to others

Notes

Turning reflection into a clear next step

3. How confident do you feel about next steps?

- Fairly confident
- Somewhat confident, but second-guessing
- Not very confident
- I'm worried about making the wrong decision

4. What kind of support feels most helpful right now?

- General information and reassurance
- Talking things through in more depth
- Making sense of reports or professional advice
- A clear plan I can act on

Notes

Turning reflection into a clear next step

If several of your answers point towards uncertainty, complexity, or decision pressure:

Many parents find that personalised thinking and collaboration time helps them gain clarity and confidence. A 45-minute consultancy session offers space to explore your child's situation in depth and includes a written action plan to support next steps.

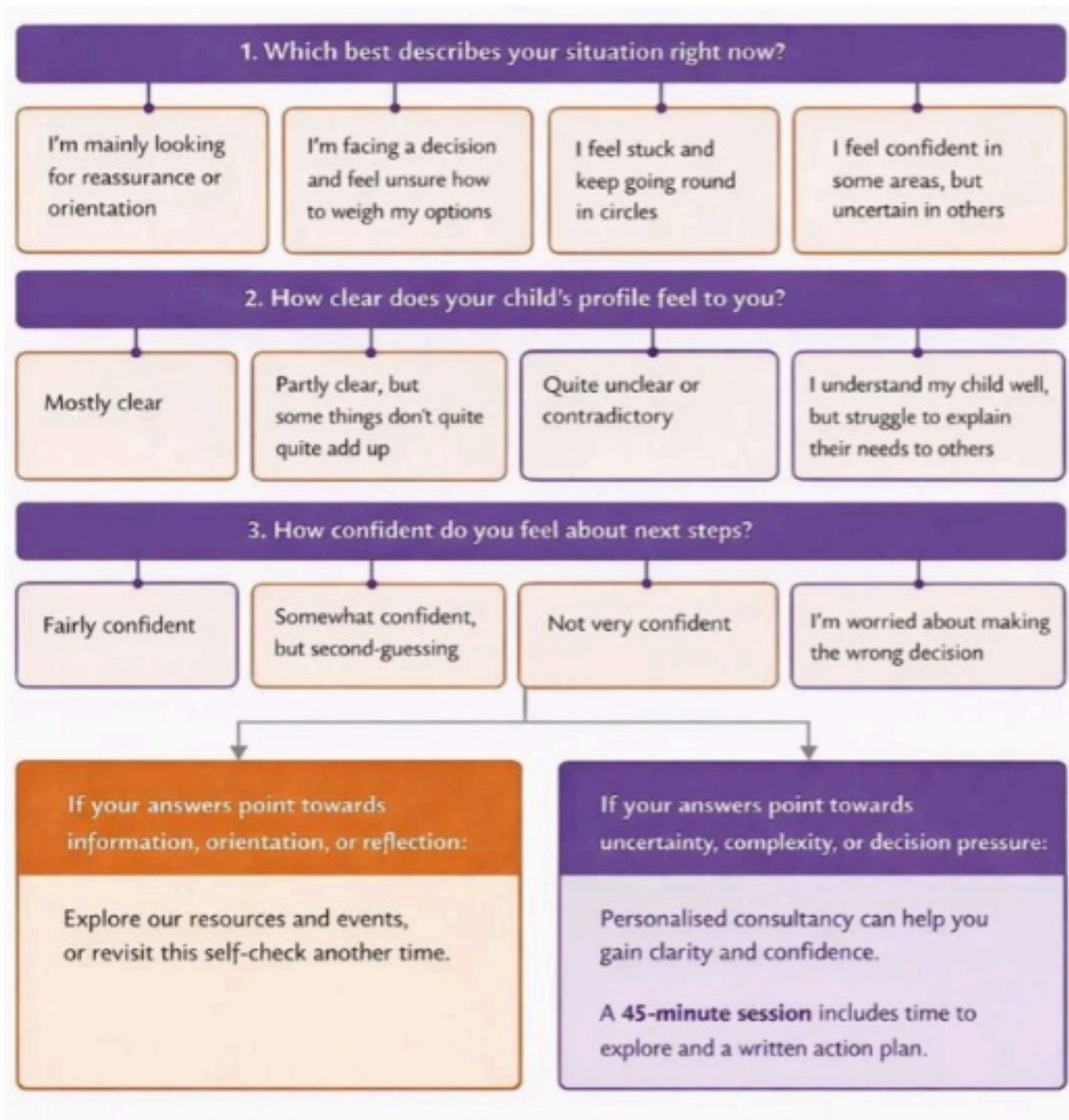
If your answers point towards needing more information, orientation or reflection, you may choose to explore our other resources and events, spend more time with the reflection guide or revisit this later.

There is no obligation to choose any particular form of support. This pathway exists to help you decide what feels right for you and your child at this moment.

Notes



A short self-check



[Book your session here](#)

Book a Consultancy session

Collaborative thinking time with an experienced specialist, including a written action plan

[Book a consultancy session](#)

Explore Assessment Options

Build a fuller picture of your child's learning profile, strengths, and needs.

[Explore assessments](#)

Learn at your own pace

Blogs, advice sheets, and recorded webinars

[Explore learning resources](#)

[Webinars-on-demand](#)

Attend an event

Learn alongside other families and professionals who understand high learning potential and twice-exceptionality.

[View events](#)

Join the community

Celebrate your child's strengths, connect with other families, access advice and support the work of the charity.

[Join the community](#)

[Become a member](#)