

The Load Audit

You are not just parenting. You are his external brain, his case manager, his researcher at midnight, his advocate at every meeting — a second, full, unpaid job laid on top of the paid one you already had. That is not a character flaw. **It's a load. An actual quantity of work, landing on one person.** You cannot put down what you have never written down. So write it down.

TODAY'S DATE _____

Review this in 30 days.

The rule: no more than **three** rows stay in KEEP this week. Three. Everything else gets a different home — or it goes.

WHAT I'M ACTUALLY CARRYING	KEEP	DROP	SCHOOL	OTHER ADULT	HIM
Morning launch	☐	☐	☐	☐	☐
Medication reminders	☐	☐	☐	☐	☐
Pharmacy refills	☐	☐	☐	☐	☐
Homework	☐	☐	☐	☐	☐
Forms and permission slips	☐	☐	☐	☐	☐
School emails	☐	☐	☐	☐	☐
Booking appointments	☐	☐	☐	☐	☐
Chasing wait-lists	☐	☐	☐	☐	☐
Driving to appointments	☐	☐	☐	☐	☐
Bedtime	☐	☐	☐	☐	☐
Sibling logistics	☐	☐	☐	☐	☐
The research at midnight	☐	☐	☐	☐	☐
Scanning ahead for the next hard moment	☐	☐	☐	☐	☐
Advocating at meetings	☐	☐	☐	☐	☐
.....	☐	☐	☐	☐	☐
.....	☐	☐	☐	☐	☐
.....	☐	☐	☐	☐	☐
.....	☐	☐	☐	☐	☐
.....	☐	☐	☐	☐	☐
.....	☐	☐	☐	☐	☐
.....	☐	☐	☐	☐	☐

The invisible lines count. The scanning, the chasing, the remembering — they are work, and they are on this page for a reason.

Turn over to build the bench — and to get the words for the fifteen-minute meeting.

For information only — not a substitute for care from your own physician. You already knew that.

Everything you moved out of KEEP needs somewhere to land. **A bench is three people who can take the ball** — and a date you are actually going to ask them. Not "someday." A date.

NAME THE ONE THING THEY TAKE THE DATE I ASK 	NAME THE ONE THING THEY TAKE THE DATE I ASK 	NAME THE ONE THING THEY TAKE THE DATE I ASK
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! The fifteen-minute meeting — read these off the page; don't compose them in a corridor

- 1 "This isn't working, and I'm drowning."
Say it flat. Don't dress it up. Don't perform coping — coping is why nobody has offered you anything.
- 2 "His medication wears off around four. After that, the part of his brain that plans and starts and finishes work is offline. Homework isn't getting done at our house — not won't. Can't."
- 3 "What in his learning support plan can we change so the work gets finished during school hours, while his medication is still working?"

IF YOU HEAR "HE JUST NEEDS TO APPLY HIMSELF"

"His learning support plan includes supports specifically for these situations. I'd like to know which one will take care of this work."

Effort is an opinion. The plan is a document. Stay on the document.

You are not asking for something new to be invented. You are asking for the thing you already have to be used at the hour it works. A plan the school wrote is a plan the school owns — and a meeting you are allowed to ask for is where it gets changed. Ask in November, while the school year can still change. Not in June, when it's over.

If most of your rows are marked **KEEP** and you can't say why, that's a conversation with your own GP — not a stationery problem. If tonight is worse than tired: **9-8-8, call or text, free, national.**

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