

Hey, you. Yes, you, the exhausted legend reading this.

If you've landed here, chances are your kid's the one who can recite the periodic table but also "forgets" how to put shoes on.

Welcome to the glorious chaos of twice-exceptional parenting.

These 7 hacks are not going to magically turn your life into a Hallmark movie, but they will make school survival a little less like running an obstacle course blindfolded.

a quick note

7 SCHOOL SURVIVAL HACKS

FOR PARENTS OF TWICE EXCEPTIONAL KIDS

Hack #1 – The Goldfish Memory Binder

Your child's school will send so many forms, notices, and "urgent" requests that you'll wonder if the admin office is trolling you. Get a big binder with plastic sleeves. Every school doc lives here – forms, meeting notes, therapist reports, the works. Label it clearly so you can grab it before every meeting and look like you've got your life together. (They don't need to know you were in pyjamas five minutes ago.)

Hack #2 – The 5-Minute Advocacy Prep

Before any school meeting, write down:

- The main outcome you want.
- 2–3 key points to back it up.
- That's it. Don't walk in with a 20-page essay; walk in with a plan. You'll sound clear, confident, and unmess-with-able.

Hack #3 – Decode Teacher-Speak

- When they say "We're keeping an eye on it", it usually means "We're not doing anything yet."
- When they say "Your child needs to try harder", it often means "We haven't figured out how to support them properly."
- Smile politely, then ask: "Okay, but what's the specific plan?" and watch the magic (or mild panic) happen.

Hack #4 – The Exit Strategy

If your kid's prone to meltdowns, anxiety spikes, or just has days where existing at school is too much, have a pre-agreed "escape plan."

- Could be: a safe space on campus, a quiet text to you, or a call to come home without drama.
- This reduces the stress for everyone – including you.

Hack #5 – Teacher Allies Are Gold

Find one staff member who genuinely "gets" your kid – a teacher, counsellor, librarian – and keep them close. They'll be your inside track when stuff's going down and can advocate internally when you're not in the room.

Hack #6 – Homework Reality Check

If the homework is taking hours, tears, and three family arguments – it's too much. Email the teacher. State how long it's taking and that you're capping it.

You're not "being difficult"; you're setting boundaries that protect your kid's mental health (and yours).

Hack #7 – Celebrate the Weird Wins

School might focus on grades and behaviour charts (...insert eyeroll here), but you know the real wins: your kid made it through the day without a sensory crash; they spoke up in class; they remembered their lunch. These are victories. Mark them.

Loved these hacks? This is just the start. Join my Survival List for weekly strategies, scripts, and sanity savers.