


BEST-INTEREST PLANNING

19-A Best Interest Factors Parent Planner

A plain-language workbook for turning best-interest factors into steady routines, school and care-team notes, support calls, and child-centered next steps.

<p>You may be here because Things feel urgent, confusing, tense, or scattered, and you need one safe first step instead of trying to fix everything at once.</p>	<p>This guide helps you A plain-language workbook for turning best-interest factors into steady routines, school and care-team notes, support calls, and child-centered next steps.</p>
<p>First safe step Check safety first. Then pick one task you can complete today: a call, a folder, a note, or a support request.</p>	<p>This is not This does not replace 911, crisis help, legal advice, medical or mental-health care, safety planning, official forms, or current local verification.</p>

Safety first: Immediate danger belongs with 911. Call or text 988 for crisis support. Maine Crisis Line: 1-888-568-1112. If abuse, coercive control, stalking, or fear may be present, use a safe device and trusted support before joint communication, counseling, or mediation.

<p>Current online version and related tools https://focaf.jtforme.com/resources/</p>	
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Best-interest planning in plain language

Best-interest factors can become practical questions about safety, stability, care, school, health, relationships, and support.

- What helps the child feel safe and settled?
- What school, health, counseling, or routine support is needed?
- What adult actions reduce conflict around the child?
- What needs professional or official help instead of guesswork?

Child-centered note for 19-A Best Interest Factors Parent Planner: Save only what helps with safety, stability, school, health, routines, support, or the next clear step.

Factor-to-action worksheet

Use this for your own planning. Keep sensitive details out of social media, general email chains, and untrusted forms.

Area	Child need	Calm adult action
Safety and well-being		
School and learning		
Health and appointments		
Routines and transitions		
Supportive relationships		
Adult communication		

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Support before escalation

When it is safe, support-first steps can reduce confusion before conflict gets worse.

- Ask a counselor, coach, or care-team professional what support would help.
- Use school or provider communication for factual needs.
- Use 211, legal aid, crisis services, or official forms when appropriate.
- Do not use a child as a messenger or evidence collector.

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Care-team notes

Keep notes practical and focused on the child's needs.

School or provider concern	
What routine helps	
What support adult can do	
Question for the care team	
Follow-up date	

Child-centered note for 19-A Best Interest Factors Parent Planner: Save only what helps with safety, stability, school, health, routines, support, or the next clear step.

Keep personal details private

Use these pages for your own planning. Share sensitive details only with trusted helpers, qualified professionals, official agencies, legal counsel, or emergency/crisis support when needed.

- Do not put child names, medical records, sealed records, confidential court materials, or private allegations into broad emails, social media, or untrusted forms.
- Store sensitive documents somewhere safe.
- Ask a qualified professional or official office when safety, health, legal process, or deadlines are involved.
- Use general review notes only for wording, policy, process, safety, clarity, and implementation suggestions.

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Before you stop

Pick one next step that is safe, realistic, and helpful.

One thing I can do today	
One support door to check	
One document or note to organize	
One person or provider to update	
One thing to leave for later	

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