THE RESOURCE PROJECT:
FOR PARENTS &
CAREGIVERS

CHECKLIST

You don't need to know what to ask. Start here.

Check the questions that matter to you and use the spaces below to record the information you want to remember.

BEFORE YOU SPEAK WITH POLICE

- ☐ Write down what your child told you, as closely as possible in their own words.
- ☐ Don't ask your child to repeat or practise their story.
- ☐ Don't try to fill in missing details or investigate yourself.
- ☐ Be ready to share what you know about your child's immediate safety.
- ☐ Tell CAS if the person who may have caused harm still has access to your child.
- ☐ Share any medical, communication, developmental,

BEFORE WE FINISH

- ☐ I know who my CAS contact is.
- ☐ I understand any immediate safety steps I need to take.
- ☐ I know what CAS expects of me.
- ☐ I understand what happens next.
- ☐ I know when to expect an update.
- ☐ I know who to contact if I have questions or new concerns.

MY CAS CONTACT

Worker's Name:_____

Phone/email: _____

CAS Office: _____

File/Reference #: _____

When should I expect to hear from CAS again? _____

WORKING WITH CAS



QUESTIONS I CAN ASK

About my child

- ☐ Is my child safe right now? Are there any immediate safety steps I should take?
- ☐ Will CAS need to speak with my child? What will that involve?
- ☐ Will my child need another interview if they have already spoken with police?
- ☐ What should I tell my child about CAS being involved?
- ☐ What accommodations can be made for my child's needs?
- ☐ What counselling or other supports are available for my child and our family?

About CAS involvement

- ☐ What is your role, and why is CAS involved?
- ☐ What happens next in the assessment or investigation?
- ☐ Will CAS work with police or other professionals?
- ☐ What happens if the person who may have caused harm lives with us?
- ☐ Will we need a safety plan? What will be expected of me?
- ☐ How often will you contact us, and how will I receive updates?
- ☐ What should I do if my child tells me something new or our circumstances change?

My next step: _____

Something I still want to ask: _____

Remember:

Focus on your child's safety, listen and reassure them.
Ask for clarification when you need it.
You don't have to navigate this alone.

Scan the QR code to read Working with CAS in The Resource Project

The Ironwood Project

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