

Parent Support Prior to Meeting with Teachers

- This is not medical advice, but a template to support parents to advocate for their child.
- The idea here is to help you make your needs and requests clear and succinct.
- I do not suggest sharing this with the educational team, but use this in your notes prior to going in to guide your thoughts and keep you on track.
- These meetings are often emotionally charged and can be very difficult. However, you are the critical person in the meeting and keeping a level head is crucial. By completing this prior to the meeting, it will help strengthen what you really want to let the team know, and make sure you stay on track and effectively advocate for your child's needs and best interests! **You are sensational!**
- **If you want to type answers, make a copy. Please let me know what you think at eringarciabooks.com or @sensationalstims on Instagram or FB!**

PRIOR TO MEETING	BEFORE MEETING NOTES	DURING MEETING NOTES
My child's disability is _____ and for them, it presents like this: (list all the ways a teacher might "witness")	<i>Slower processing time, dysregulation when overloaded, difficulty verbally explaining, trouble in group work...</i>	<i>You can record meetings when requested 24 hours in advance</i>
The best ways to support my child are: (list anything that helps soothe/ regulate/ empower your child)	<i>sensory accommodations, choices, assistive technology...</i>	
The things I'm most concerned about happening at school are:	<i>Injuries, school refusal, overload, social struggles...</i>	
The things I am most concerned about happening after/outside of school are:	<i>Transportation, homework, workload, stress...</i>	
If this meeting went perfectly well, it would look like:	<i>1:1 student aide, late start, no homework...</i>	
If this meeting went horribly wrong, it would look like:	<i>I'm not heard, my child is not safe...</i>	
Something that I wish I could just say but am not sure how to say it: *Something usually happens after this one	<i>Writing it here helps you find the words. 😊</i>	

You are an amazing advocate and you are the perfect person to be raising your child!

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