



SURVIVING IEPs

IEP meetings can be informative but also stressful. Here are a few tips on how to survive IEPs by getting familiar with the process and understanding available resources.

DO I KNOW THE LINGO?

You might hear other meeting attendees use phrases or acronyms unique to IEPs, such as:

PLOP = present level of performance

SMART goals = Specific, Measurable, Attainable, Results-oriented and Time-bound

BIP = Behavior intervention plan

IDEA = Individuals with Disabilities Education Act

IEP = Individualized education programs

1. KNOW YOUR RIGHTS

Every school provides a copy of your rights, so make sure you request and review a copy of the manual that explains the Individuals with Disabilities Education Act (IDEA), and you and your child's rights.

2. INVITE PEOPLE AND PROFESSIONALS

If you have your own "support team," consider inviting them to the meeting. Inform the IEP team of your intentions to bring a guest ahead of time.

3. COMPILE YOUR LIST OF QUESTIONS

It's easy to forget the questions you want to ask about your child's progress at school. Write down all the questions you want to ask prior to the meeting.

4. ENCOURAGE TEACHER SUPPORT

Foster a collaborative relationship with your child's special education teacher and others who work with your child regularly.

5. INCLUDE YOUR CHILD

Ask your child how the school year is going, and how any previously-established accommodations are working.

6. GIVE YOURSELF TIME

Stay focused, ask questions and feel free to take home a copy of the IEP for review before signing it. Sometimes waiting a day to sign the document can offer some clarity.

7. KEEP IT POSITIVE

Work on creating a positive relationship with one member of the IEP team before your meeting so that at least one other attendee is invested in your child's situation.

Brain Balance Achievement Centers is the leading drug-free program helping kids move beyond challenges to achieve greater success. This personalized program is designed to improve focus, behavior, social skills, anxiety, and academic performance. The program takes an integrative approach to strengthening the brain and its connections through sensory engagement, physical development, academics, and nutrition. Over the past decade, this comprehensive and effective program has helped thousands of individuals nationwide to improve the critical skills needed to create a brighter path for their future.



SCHOOL COPING STRATEGIES

Support your student by using these tips to help them better cope with the stress that accompanies learning, behavioral and social struggles.

START THEIR DAY OUT RIGHT

Try gentle awakening, using light touch and natural sunlight to get your child ready for the day ahead. Be sure to allow time for breakfast and other morning activities without the stress of rushing whenever possible.



TEACH THEM TO SELF ADVOCATE

Self-advocacy provides students with an opportunity to express what they believe they need to help them to be more successful in school and in social situations. It's also crucial to select goals that are measurable and specific to your child's needs.

REQUEST ASSISTIVE TECHNOLOGIES

Assistive devices and technology, such as Text-to-Speech (TTS) synthesizers, smart boards and reading tools can provide the help struggling students need to succeed in the classroom.

GET ORGANIZED

Organization can make adapting to school much easier for both children and the rest of the family. Try to get whatever you can done the night before, from packing lunches to laying out clothes. This ensures that everyone starts the day out without the added stress of hurrying or running late.



If your child has learning and/or behavioral problems, we invite you to consider the Brain Balance Program. Parents saw a 42% improvement, on average, in their child's ability to learn in school after completing the Brain Balance program.*

Visit [BrainBalance.com](https://www.BrainBalance.com) today to learn more about our research and results!

WE CAN HELP!