



# FREE IEP PARENT SURVIVAL KIT

Printable tools to help you walk into IEP and 504 meetings prepared, calm, and hard to dismiss.

**Includes: 15 must-ask questions, IEP red flags, Ask Before You Sign checklist, weekly tracker, and progress log.**

**Prepared by Russell M. Lloyd, Founder of YourChild.org**

Use this before your next meeting. Print it. Write on it. Bring it with you.

# How to Use This Kit

## 1. Read the red flags first.

These are common phrases that can signal delay, weak services, or lack of accountability.

## 2. Bring the 15 questions to every meeting.

You do not need to ask every question. Pick the ones that match the issue in front of you.

## 3. Never rely on memory.

Use the tracker and log pages to document services, behavior, communication, missed supports, and progress.

## 4. Do not sign under pressure.

Use the Ask Before You Sign checklist before agreeing to an IEP. If something is unclear, take the document home and review it.

**Power rule: If it is not written down, you cannot count on it being done.**

## Quick Disclaimer

This resource is educational and advocacy-oriented. It is not legal, medical, therapeutic, or financial advice. For legal questions, consult a qualified attorney.

## IEP Red Flags: Phrases That Should Make You Pause

Red Flag	What to Say
Let's wait and see.	For the record, I do not agree to wait. My child needs support now.
We don't see those behaviors here.	Differences across settings are exactly why we need data and evaluation.
We don't do that here.	Please show me the written policy that states that.
He's doing fine academically.	Educational impact includes behavior, communication, social skills, and access.
We don't have resources for that.	Services should be based on need, not budget.
We already decided.	Decisions should be made collaboratively by the IEP team.
You don't need to worry about that page.	I would like to review every section before responding.

**If a statement sounds vague, ask: What data supports that?**

# 15 Questions That Change Every IEP Meeting

Use these to force clarity. You are not being difficult. You are protecting your child.

1. What data supports this decision?	2. How will progress be measured?
3. How often will services be delivered - exactly?	4. What happens if my child does not make progress?
5. Can you show me the curriculum or materials?	6. How will communication happen between school and home?
7. What training does staff have for my child's needs?	8. What accommodations are available that we have not discussed?
9. Can we add that to the IEP?	10. What is the plan for behavior or sensory overload?
11. Can I have that in writing?	12. How will you support my child during transitions?
13. What is the backup plan if the primary support is not working?	14. Who do I contact when something goes wrong?
15. When will we meet again to review progress?	

**Default follow-up: What data supports that?**

# Ask Before You Sign: IEP Review Checklist

Before you agree to anything, slow down and check these areas.

## A. Goals

- Are the goals measurable with numbers, percentages, frequency, or accuracy?
- Do they reflect my child's real needs?
- Are they specific enough to track progress?
- What data will be collected?

## B. Services

- How many minutes per week?
- Group or individual?
- Who provides it?
- Where does it happen?
- How is progress measured?

## C. Accommodations

- How will each accommodation be delivered daily?
- When and where does it apply?
- Are any supports vague, such as 'as needed' or 'when appropriate'?

## D. Placement

- What setting is being proposed?
- What data supports this placement?
- What alternatives were considered?

**Magic sentence: I would like to take the IEP home to review before signing.**

# Ask Before You Sign: Notes Page

Use this page during or immediately after the meeting.

## Goals I need clarified:

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## Services / minutes I need clarified:

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## Accommodations that are vague:

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## Questions I still need answered:

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# Weekly Behavior & Support Tracker

Use this every week. Patterns become evidence.

## Week of:

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## Behaviors observed:

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## Triggers identified:

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## Wins of the week:

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# Weekly Behavior & Support Tracker - Continued

## School concerns:

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## Parent concerns:

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## Goals for next week:

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## Weekly review - what should change or be strengthened?

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## Progress Monitoring Log

Use this to catch vague updates, missed services, and lack of progress.

Date	Service / Support	Delivered?	Notes / Data
		Yes / No	
		Yes / No	
		Yes / No	
		Yes / No	
		Yes / No	
		Yes / No	
		Yes / No	

When something is vague, ask: Please send the data behind that statement.

# IEP Meeting Notes Page

Use this live during the meeting.

## Team statements I want documented:

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## Promises made by the school:

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## Items that must be added to the IEP:

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## Follow-up dates / responsible person:

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## Need Help Reviewing Your Child's IEP?

You do not have to walk into the next meeting alone.

At YourChild.org, I help parents understand what the school is saying, identify weak goals or vague services, prepare questions, and walk into meetings with a plan.

- IEP and 504 meeting preparation
- Parent coaching and strategy
- Document review and red-flag analysis
- Advocacy support for school meetings
- Clear next steps when something feels wrong

**Book a free consultation at [YourChild.org](https://www.yourchild.org)**

**You can also message Russell directly and ask for more free help or a second free tool from the Parent Advocacy Guide.**



**YourChild.org - Don't Face the System Alone**