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# School Support Checklist



## Helping You Navigate School Support Systems

If you're worried about how your child is doing in school, it can be hard to know what to do first. This checklist will help you take it one step at a time, starting at home, then working with the school and other supports. Following these steps can give you a clearer picture of your child's needs and how to help them.

### Important Reminders



#### Create a Supportive Environment

- ☐ Trust your instincts as a parent - you know your child best
- ☐ Keep documents (emails, meeting notes, dates)
- ☐ Be patient with the process - change often takes time
- ☐ Focus on your child's strengths while addressing challenges
- ☐ Remember that seeking support is a sign of good parenting, not failure
- ☐ Consider involving your child in age-appropriate discussions about their needs

**The first step starts at home. Small, everyday actions can make a big difference.**

### Home Support Strategies



#### Create a Supportive Environment

- ☐ Establish consistent homework routines and study spaces
- ☐ Implement organizational systems for school materials
- ☐ Break large tasks into smaller, manageable steps
- ☐ Provide positive reinforcement for effort, not just achievement
- ☐ Maintain open communication with your child about school experiences

### Know Your Child's Team



**Each child's team is unique and will include various professionals. Who is on your child's team? Below are some examples:**

#### **Educational Team:**

- ☐ Teacher(s)
- ☐ School Counselor
- ☐ School Nurse
- ☐ School Principal

#### **Medical Team:**

- ☐ Primary Physician
- ☐ Specialist Physician
- ☐ Counselor

#### **Community Supports:**

- ☐ Case Manager
- ☐ Skill Builder

Remembering these tips, starting at home, and knowing the people who support your child makes working together easier. When you understand your role and who can help, you can better support your child in getting the help they need



### Initial Assessment and Documentation



#### **Document Your Child's Challenges**

- ☐ Write down specific behaviors, struggles, or concerns you've noticed at home
- ☐ Note when these issues occur (time of day, specific subjects, situations)
- ☐ Keep a log of homework difficulties, emotional responses, or behavioral patterns
- ☐ Gather examples of your child's work that show areas of concern
- ☐ Document any physical symptoms (headaches, stomachaches, sleep issues) related to school



#### **Review Academic Performance**

- ☐ Collect recent report cards, progress reports, and test scores
- ☐ Review standardized test results and grade-level assessments
- ☐ Note patterns in grades across different subjects
- ☐ Identify specific skills where your child is struggling
- ☐ Compare current performance to previous years

### Communication with School



#### **Initial Contact with Teacher**

- ☐ Schedule a meeting with your child's classroom teacher
- ☐ Prepare a list of specific concerns and questions
- ☐ Ask about your child's performance in class vs. at home
- ☐ Discuss what accommodations or strategies have already been tried
- ☐ Request samples of your child's classroom work



#### **Gather School Perspective**

- ☐ Ask teachers about your child's social interactions with peers
- ☐ Inquire about attention, focus, and participation in class
- ☐ Discuss your child's organizational skills and ability to follow directions
- ☐ Ask about any behavioral concerns or emotional responses at school
- ☐ Request information about your child's learning style and preferences

By tracking what you see at home and gathering information from school, you help create a clear picture of your child's needs. This makes it easier for you and the school to work together to find the best support.



### Exploring Support Options



#### **Understand Available Services**

- ☐ Ask about Multi-Tiered System of Supports (MTSS)
- ☐ Inquire about tutoring, small group instruction, or remedial services
- ☐ Learn about available accommodations (extra time, preferred seating, etc.)
- ☐ Discuss counseling or social-emotional support services
- ☐ Ask about enrichment programs if your child needs more challenge
- ☐ Ask what supports you can do at home (example - reading with your child at home)



#### **Consider Formal Evaluation After Available Services Have Been Attempted**

- ☐ Understand the difference between 504 plans and IEPs (Individualized Education Programs)
- ☐ Ask about the referral process for special education evaluation
- ☐ Learn about your rights under IDEA (Individuals with Disabilities Education Act)
- ☐ Inquire about timelines for evaluations and meetings
- ☐ Request information about what the evaluation process involves

### Outside Resources and Support



#### **Consult Healthcare Providers**

- ☐ Discuss concerns with your child's pediatrician
- ☐ Consider vision and hearing screenings
- ☐ Explore whether mental health support might be beneficial
- ☐ Ask about developmental or psychological evaluations
- ☐ Discuss any medications that might affect learning or behavior



#### **Research External Support**

- ☐ Look into private tutoring or educational therapy
- ☐ Explore community resources and support groups
- ☐ Consider occupational therapy or speech therapy if needed
- ☐ Research advocacy organizations for your child's specific needs
- ☐ Connect with other parents who have similar experiences

Knowing what supports are available helps you find the right help for your child. Ask about services at school, learn how evaluations work, and explore outside resources when needed. The more you understand your options, the better you can work with the school and other professionals to support your child's success.



### Monitoring and Follow-up



#### Track Progress

- ☐ Regularly check in with teachers about your child's progress
- ☐ Monitor whether implemented strategies are effective
- ☐ Keep records of your child's response to interventions
- ☐ Schedule follow-up meetings to review and adjust plans
- ☐ Celebrate improvements and successes along the way



#### Stay Informed

- ☐ Continue learning about your child's specific needs or diagnosis
- ☐ Stay updated on educational laws and policies
- ☐ Join parent groups or online communities for support
- ☐ Attend workshops or training sessions about advocacy
- ☐ Maintain ongoing communication with the school team



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This checklist helps you know the important steps and people involved in supporting your child's progress at school. By understanding your role and connecting with the right professionals, you can work together to make sure your child gets the support they need to succeed.