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Education  
Therapy**

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ABROAD**

# GET Help:

*"How do I advocate for my child?"*

## TIPS ON BEING AN ADVOCATE FOR YOUR CHILD

### HAVE A SUCCESSFUL MEETING

Follow the tips on the following page from Remfrey Educational Consulting

### SCHEDULE A MEETING WITH THE IEP TEAM

You have the right to do so at any time

### REVIEW THEIR IEP:

If you don't understand something, ask for clarification

### TALK TO THEIR TEACHER

Ask how they are implementing the IEP

### SEEK PROFESSIONAL HELP

Contact Global Education Therapy or our partner April Remfrey, an advocate for parents.



# SCHOOL MEETING TIPS



Parent meetings can be anxiety provoking! Try these 8 tips to help make them work better for everyone involved.

## 1 TAKE AN ADVOCATE & COOKIES

Taking cookies to a meeting is always a good way to start off on the right foot! Also know that you can always take someone to the meeting that can help remind you of important points, may know your child well, and have a calming presence. An advocate doesn't always have to be a paid role, but a spouse, friend, or therapist.



## 2 SHARE YOUR FEELINGS

Teachers are training to meet parents and students where they are. By stating your feelings about the process and even how you are feeling in that moment, you are giving the school staff a view into your emotions so they are able to meet you where you are.



## 3 FIND COMMONALITIES

Like all meetings, it good to start it off by finding something you have in common. It is also important to remind yourself that everyone at the table has your child's best interests at heart. This can help set a tone of collaboration rather than confrontation.

## 4 STICK TO THE FACTS

Removing some of the emotion allows everyone to focus on the facts of the matter. Focusing on the progress the student has made in terms of data and work samples will clear away some of the unhelpful I Feel statements.



## 5 BE AWARE OF BODY LANGUAGE

Some say that body language is 80% of how we communicate with others. In parent meetings, teachers are keenly aware of body language and facial expressions. Be aware of how your posture may be 'speaking' to those attending the meeting.

## 6 ASK FOR MORE TIME

Never feel pressured to make a decision or sign a document without having enough time to think it through. It is absolutely acceptable to ask to have more time before making a decision.



## 7 FOLLOW UP COMMUNICATION

Follow up the meeting with an email stating your takeaways to be sure you are all on the same page. If there were specific things the school was supposed to act on, follow up again after one month to ask about progress.

## 8 STAY CALM

This is one of the most difficult parts of a parent-teacher meeting. Take deep breaths or practice whatever works best for you to re-ground during stressful moments.

