

THE IEP FIRST MEETING CHEAT SHEET

IEP First Meeting Cheat Sheet

7 questions to ask + exactly what to bring.

WHAT THIS IS

Walking into an IEP meeting unprepared is one of the most stressful experiences a parent of an ADHD teen can face. This cheat sheet gives you the two things that matter most: the questions to ask so you stay in control, and the checklist of what to bring so you walk in ready.

WHY THESE 7 QUESTIONS

- They work whether it's your first IEP meeting or your tenth.
- They keep the conversation on measurable outcomes, not vague promises.
- They signal you are an informed, prepared parent — and that matters.

WHAT'S NOT HERE (IT'S IN THE FULL IEP ACTION KIT)

- Parent Concerns Letter template
- IEP Meeting Notes template
- Follow-Up Email template and the "I Didn't Sign" guide

7 QUESTIONS TO ASK AT ANY IEP MEETING

Pull these out when the meeting gets fast or foggy — they keep you grounded.

- 1 How will this goal be measured?**
Ensures accountability. No data = no real progress tracking.
- 2 Who is responsible for implementing this?**
Gets a real name on it. If no one's named, no one's accountable.
- 3 What support will my teen receive to meet this goal?**
Goals need scaffolding — otherwise it's just a wish list.
- 4 How will we know if this is working?**
Opens the conversation about regular updates and data sharing.
- 5 What happens if my teen doesn't meet this goal?**
There should be a backup plan — not just 'we'll see.'
- 6 Can you explain that in plain language?**
You have the right to understand everything being discussed.
- 7 Can we pause so I can process this?**
You don't need to keep up with a fast-moving team. Breathe.

WHAT TO BRING TO EVERY IEP MEETING

Copy of current IEP (highlighted)	Pen and notepad for notes
Your top 3 priorities written down	Water — meetings can run long
These 7 questions printed out	A support person if you need one

THERE'S MORE WAITING FOR YOU

Free resources at adhdvault.com

Instant access. Three free resources to start:

Morning Rescue Card — stop saying these, say these instead

IEP First Meeting Cheat Sheet — 7 questions + what to bring

College Prep Quick-Start — the 10 things to do first

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