



Back to School IEP Checklist

Kids have been back to school for a few weeks now! As a parent to a child with disabilities those first few weeks can feel like a sprint but we have a marathon to run! Let's take a moment to pause, take a breath, stretch and prepare for the months ahead. Here is a one month IEP checklist to help you take stock of how things are going:

How is my child doing?

- Ask how school feels (socially, emotionally, academically).
- If they have limited communication, watch for signs of stress. (fatigue, headaches, school refusal).

Is the IEP being followed?

- Compare IEP accommodations/services with what's happening in class.
- Ask your child what supports they notice. (If able)
- Confirm related services have started. (speech, OT, counseling, etc.)

Communication with school

- Email the case manager and teachers for quick updates. (Especially important if your child can't easily share about their day.)
- Request work samples or data on IEP goals.
- Keep a log of all communication and responses.

Monitoring progress

- Review early progress monitoring, not just grades.
- Note whether IEP goals are being addressed consistently.

Supports & adjustments

- Check if back-to-school supports are helping (anxiety, behavior, regulation).
- Request an IEP meeting if adjustments are needed, don't wait for the annual review.

Relationships

- Thank teachers/staff for specific efforts.
- Build collaboration now for smoother problem-solving later.

Looking ahead

- Ask about upcoming units, testing, or events that might be challenging.
- Plan in advance for accommodations (assemblies, field trips, state testing).

Most importantly, celebrate every bit of progress with your child and their team! It's easy to focus on the areas that still need work or the inevitable bumps at the start of a new school year. But it's just as important to notice what's going well, to recognize the amazing things our children accomplish each day, and to appreciate the professionals who work so hard alongside them.

Need help figuring out where to start? Our [Parent Advisors](#) are here to talk with you, answer your questions, and help you feel confident navigating the school year. Give us a call at 719.531.9400 or send us an email at parentadvisor@peakparent.org.