

# IEP GUIDE FOR BEGINNERS

## WHAT EVERY PARENT SHOULD KNOW



### What is an IEP?

An IEP (Individualized Education Program) is a legal document developed for a child who qualifies for special education services. It lays out what the school will do to support your child's unique learning needs. The IEP includes specific goals, services (like speech therapy, reading support, etc.), accommodations (like extra time on tests), and how progress will be tracked. It is created by a team that includes school staff and you — the parent or guardian.



### What is FAPE?

The IEP exists to ensure your child receives a Free Appropriate Public Education (FAPE).

This means:

- Free: You don't pay for the services your child needs to access their education.
- Appropriate: The education must be tailored to your child's individual needs — not a one-size-fits-all plan.
- Public: These services happen in the public school system.
- Education: Your child is entitled to make meaningful progress — not just be present in the classroom.



Ali Grossman  
IEP Coach

@neuro\_diversity\_affirming\_mama  
[www.alisongrossman.com](http://www.alisongrossman.com)

# IEP GUIDE FOR BEGINNERS

## STEP BY STEP: THE IEP PROCESS

01.

### Referral for Evaluation

- A child is referred for special education evaluation (by a parent, teacher, or provider).
- The school must get written consent from you to begin testing.



02.

### Evaluation

- A team of professionals evaluates your child in various areas (academic, behavior, speech, etc.).
- This determines whether your child qualifies for special education services.



03.

### Eligibility

- The team reviews the results and decides if your child qualifies under one of the 13 IDEA categories (like autism, ADHD, learning disability, etc.).



04.

### IEP Meeting

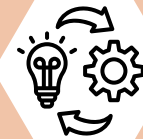
- You'll meet with the IEP team (teachers, specialists, school staff) to develop the plan.
- This includes goals, services, accommodations, and how progress will be tracked.



05.

### IEP Implementation

- Services begin right away after the plan is signed.
- Teachers and service providers follow the IEP every day.



06.

### Annual Review & Re-Evaluation

- The IEP is reviewed every year.
- A full re-evaluation must happen at least every three years (or sooner if needed).



Ali Grossman  
IEP Coach

@neuro\_diversity\_affirming\_mama  
[www.alisongrossman.com](http://www.alisongrossman.com)

# IEP GUIDE FOR BEGINNERS

## WHAT'S IN AN IEP



**PRESENT LEVELS OF PERFORMANCE (PLOP):**  
WHAT YOUR CHILD CAN DO NOW



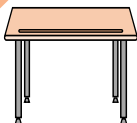
**ANNUAL GOALS:**  
WHAT YOUR CHILD IS WORKING TOWARD



**SPECIAL EDUCATION SERVICES:**  
INSTRUCTION AND SUPPORTS (LIKE OT,  
SPEECH, ETC.)



**ACCOMMODATIONS/MODIFICATIONS:**  
TOOLS OR CHANGES THAT HELP YOUR CHILD  
ACCESS LEARNING



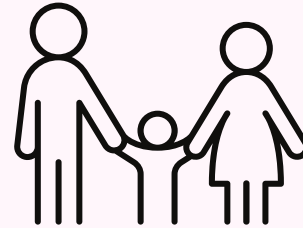
**LEAST RESTRICTIVE ENVIRONMENT (LRE):**  
PLACEMENT WHERE YOUR CHILD CAN LEARN WITH  
PEERS AS MUCH AS POSSIBLE

# IEP GUIDE FOR BEGINNERS

## KEY TIPS FOR PARENTS



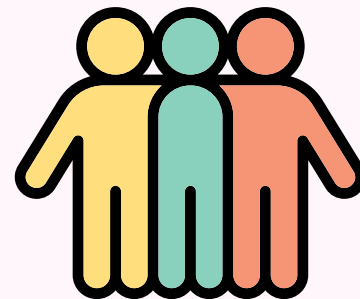
**YOU** are the expert on your child. Your input is critical.



**Ask questions!**  
You don't need to understand all the lingo right away.



**You** have the right to bring someone with you to the IEP meeting.



**Request a copy of the IEP and evaluation reports in writing.**

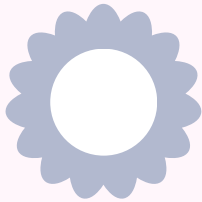


**You** can ask for an IEP meeting at any time.

Ali Grossman  
IEP Coach  
@neuro\_diversity\_affirming\_mama  
[www.alisongrossman.com](http://www.alisongrossman.com)

# IEP GUIDE FOR BEGINNERS

## TERMS TO KNOW

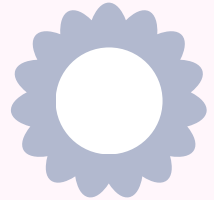


### **LRE**

(Least Restrictive Environment)

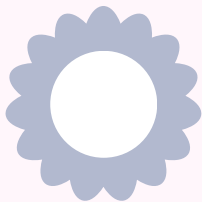
### **IDEA**

(Individuals with Disabilities  
Education Act)



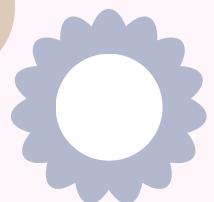
### **Accommodations**

(Support that helps your child learn the  
same material in a different way)



### **Modifications**

(Changes to what your child is expected  
to learn)



Ali Grossman  
IEP Coach

@neuro\_diversity\_affirming\_mama  
[www.alisongrossman.com](http://www.alisongrossman.com)

# ALI GROSSMAN

---

# HERE TO HELP!



● **CONTACT ME:**



@neuro\_diversity\_affirming\_mama



ali@alisongrossman.com

www.alisongrossman.com

## MY SERVICES

### 1:1 Coaching:

- 3 hours long, focusing on special education strategies. (Can be broken up into multiple sessions)
- \$150 for personalized coaching services.

### Coaching plus Meeting:

- 3 hours of coaching plus an IEP Meeting to discuss IEP services.
- -\$200 to ensure your family support needs are met during the IEP process.

### VIP Support:

- Send emails directly for quick access to educator insights.
- Priority on scheduling meetings to facilitate student advocacy.
- 1-year subscription to my VIP support group, which includes IEP membership benefits.
- \$500 for comprehensive assistance tailored to your family's needs.