

# IEP MEETING GOALS WORKSHEET FOR PARENTS

*Take time to fill this out before your meeting - it will help you stay focused and confident*

Child's name: \_\_\_\_\_

My child's greatest strengths are:

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- 

Things that make my child happy and motivated at school:

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- 

My child's interests and talents:

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- 

Current Challenges (What keeps you up at night?)

My biggest concerns about my child's school experience right now:

- 1.
- 2.
- 3.

Areas where my child struggles most:

- Academic:
- Social:
- Behavioral:
- Communication:
- Physical/Motor:

What I see at home that the school might not see:

## **My Top 3 Priorities for This Meeting**

*If you could only accomplish 3 things today, what would they be?*

**Priority #1:**

**What I want:**

**Why this matters:**

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**What success looks like:**

**Priority #2:**

**What I want:**

**Why this matters:**

**What success looks like:**

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**Priority #3:**

**What I want:**

**Why this matters:**

**What success looks like:**

## **Specific Goals I Want to Discuss**

### **Academic Goals**

#### **Reading/Language Arts:**

- Current level:
- Goal I'd like to see:
- How we'll measure progress:

#### **Math:**

- Current level:
- Goal I'd like to see:
- How we'll measure progress:

#### **Other Academic Areas:**

- Subject:
- Current level:
- Goal I'd like to see:
- How we'll measure progress:

- Subject:
- Current level:
- Goal I'd like to see:
- How we'll measure progress:

- Subject:
- Current level:
- Goal I'd like to see:
- How we'll measure progress:

- Subject:
- Current level:
- Goal I'd like to see:
- How we'll measure progress:

## Life Skills & Independence Goals

What I want my child to be able to do:

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## Social & Emotional Goals

Friendship and social skills:

- Current challenge:
- Goal:

Managing emotions and behavior:

- Current challenge:
- Goal:

Self-advocacy skills:

- What I want my child to learn:

## Services and Supports I Want to Discuss *Current Services (What's working? What's not?)*

Services my child receives now:

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Services that are helping:

Services that need to change:

## New Services I'd Like to Explore

- ☐ Speech therapy
- ☐ Occupational therapy
- ☐ Physical therapy
- ☐ Counseling/social work
- ☐ Behavioral support
- ☐ Assistive technology
- ☐ Extended school year
- ☐ Transportation
- ☐ Other:

## **Accommodations and Modifications**

**Current accommodations that work well:**

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**New accommodations I'd like to try:**

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**Modifications to curriculum or assignments:**

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## **Questions I Need Answered**

**About My Child's Progress**

- 1.
- 2.
- 3.

**About Services**

- 1.
- 2.
- 3.

**About Next Steps**

- 1.
- 2.
- 3.

## Preparing for Pushback

*It's okay to think about this - being prepared helps you stay calm*

**If the team says my child doesn't need [specific service]:** My response:

**If they say "we don't have that here":** My response:

**If they want to reduce services:** My response:

## My Non-Negotiables

*What are you absolutely not willing to compromise on?*

- 1.
- 2.
- 3.

## Information I'm Bringing to Share

### Outside Evaluations or Reports

- ☐ Medical reports
- ☐ Private therapy evaluations
- ☐ Psychological evaluations
- ☐ Other:

### Documentation from Home

- ☐ Behavior logs
- ☐ Homework struggles
- ☐ Examples of work
- ☐ Photos/videos
- ☐ Other:

## **After the Meeting - My Action Plan**

**Questions I still need answered:**

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**Follow-up I need to do:**

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- 
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**Services that should start by [date]:**

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**Next check-in scheduled for:**

**Notes During the Meeting**

**Key decisions made:**

**Action items and who's responsible:**

**Timeline for implementation:**

**Next steps:**



## Reflection After the Meeting

What went well:

What I wish I had said:

What I learned about my child:

What I want to follow up on:

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## QUICK REMINDERS FOR MEETING DAY

✓ Bring this worksheet and a pen ✓ Arrive early to settle in ✓ Take deep breaths - you've got this  
✓ Ask questions if you don't understand ✓ It's okay to ask for a break ✓ You don't have to agree to everything today ✓ Focus on what's best for your child ✓ Thank the team for their time

Remember:

- You know your child better than anyone in that room
- You have the right to ask questions and request changes
- This is a conversation, not a presentation you sit through
- Your input matters and should be valued
- You can always schedule another meeting if needed
- Progress happens one step at a time

**You are your child's best advocate. Trust yourself.**