



WITH UNDERSTANDING  
COMES CALM, LLC

### 10 Advocacy Steps

1. Understand the administrative and classroom process.
2. Realize that many teachers/administrators/counselors do not truly understand your child's strengths or challenges. They base their responses on behavior. Therefore, develop a powerful personal story.
3. Choose a quarterback; preferably someone who knows and loves your child and has influence and decision-making authority. Ask them to be your quarterback and tell them why you chose them.
4. Present your personal story at meaningful times to educate and influence the people who make decisions. Use terms like "lagging skill" or "functional limitation" to describe your child's challenges. These terms imply something that can and needs to be taught and learned.
5. Ask for advice. Explain your appreciation for their wisdom and experience.
6. Define shared goals.
7. Create strategies; remember choices are best and a "buy in" from the child is crucial.
8. Acknowledge their "overflowing plates" and offer to help and assure that you will mirror their efforts at home.
9. Know how to be generous in your thanks and praise.
10. Follow up with a summary email and action items to everyone involved including your child's doctors. Send a separate email expressing your gratitude to your quarterback.

***Smile and know that you are supporting your child positively, pragmatically and in the most important and effective way.***

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