



SPECIAL NEEDS | FIELD GUIDE

When therapy homework does not fit family life

Bring the real household into the plan.

A note from Victoria

A plan that looks good in a session may collapse between school pickup, work, siblings, and sleep. That does not mean your family failed.

What to do

Notice which recommendation is useful, which is too long, and what your child actually accepts. Bring one specific example to the provider and ask for a smaller version or an activity already happening at home. Agree on a realistic frequency and what success looks like to your child. Do not discontinue prescribed care without discussing it with the treating professional.

Words you can use

"We tried this three times, and the hardest part was [specific step]. What smaller version serves the same goal?"

One useful step I can take today:

I could start with: Choose one recommendation to adapt with the provider instead of abandoning the whole plan.

The strength I see in you

You are turning a paper plan into support your child can live with.

Educational peer support, not individualized medical, legal, or school advice. Partner with your child and their care or school team; consult a qualified advocate about rights questions.



SPECIAL NEEDS | WORKSHEET

When therapy homework does not fit family life

Use this page in your own words. You can leave any part blank.

What we tried at home

The exact point where it stopped working

A smaller version to discuss with the provider

My next manageable step

A person, service, or place I can turn to (if useful)

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