



## SPECIAL NEEDS | FIELD GUIDE

# When a meeting moves too fast for your child

Slow the room down so your child can participate meaningfully.

### A note from Victoria

Adults can race through a meeting while the person it is about gets little time to speak. You can interrupt that pace. Your child belongs in the conversation.

### What to do

Ask for an agenda in advance and a format your child can review. During the meeting, request plain language, one question at a time, and enough processing time. Offer an alternate way to answer, such as writing or a communication device. If a decision is rushed, ask what must be decided today and what can wait. For formal rights or deadlines, check with a qualified advocate.

### Words you can use

"Please pause there. I want [name] to have time to answer in their own way before we move to the next decision."

### One useful step I can take today:

I could start with: Choose one question your child wants the group to answer directly.

### The strength I see in you

Making space for their response changes whose voice the plan is built around.

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 a meeting moves too fast for your child

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

## The decision being discussed

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## How my child wants to answer

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## What I will ask the group to slow down

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## My next manageable step

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

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