



5 STEPS TO ADVOCATE CONFIDENTLY AT YOUR NEXT ARD MEETING

A Free Resource from Aspire2Care

This simple guide walks you through the exact steps to prepare, communicate, and advocate effectively in your child's ARD meeting. Use these steps to stay organized, confident, and centered during the entire special education process.

01

REVIEW ALL DOCUMENTS

Review all evaluations, teacher reports, progress data, accommodations, and any communication from the school before the meeting. Knowing the data helps you ask clearer questions.

02

WRITE DOWN CONCERNS & GOALS

Make a list of your child's strengths, challenges, and any concerns you want addressed. Bring this list to the ARD meeting so nothing gets overlooked.

03

ASK FOR EXPLANATIONS

If something is unclear — a score, a recommendation, a goal, or a term — ask the ARD committee to explain it. You deserve to understand every part of your child's plan.

04

CLARIFY SUPPORTS & ACCOMMODATIONS

If a support or goal does not feel appropriate or specific enough, ask for clarification or revision. Your child's needs should be accurately reflected in the IEP.

05

CONFIRM THE DECISIONS BEFORE LEAVING

Before the meeting ends, restate what was agreed on: services, supports, goals, timelines, and follow-up steps. This ensures everything discussed is captured correctly.