

# 5 Phrases Every Parent Needs in an IEP or School Meeting

Autism advocacy without confrontation



Walking into school meetings can feel intimidating, especially when emotions are high and time is limited.

These phrases are not about being confrontational. They're about clarity, documentation, and protecting your child's dignity. Use what helps. Leave the rest.



# **1. “Can you put that in writing?”**

This creates accountability and slows rushed decisions.

# **2. “What data is that decision based on?”**

You’re asking for facts, not opinions.

# **3. “How does this support my child’s individual needs?”**

Brings the focus back to the student.

# **4. “I’d like time to review this before agreeing.”**

You are allowed to pause. Always.

# **5. “What are our next steps if this isn’t effective?”**

This signals foresight and advocacy.

Advocacy doesn't  
have to be loud to be  
effective.  
Preparation is  
power.

— Maine Woods Mama

