

Special Education Parent Toolkit

Child Profile

Name:	
Age:	
Strengths:	
Challenges:	
Medical Notes:	
Therapies:	

Daily Routine Planner

Time	Activity	Notes

Progress Tracker

Skill	Week 1	Week 2	Week 3	Week 4

Communication Log

Date	Person	Discussion	Action

Parent Self-Care Checklist

- Take a 10-minute break
- Talk to a friend or support group
- Practice deep breathing
- Get enough sleep
- Celebrate small wins