BUILDING A FOUNDATION

UNDERSTANDING THE IEP PROCESS



ENGLISH

This document is a compilation of free digital resources that will guide you through the foundational points of the Individualized Education Plan (IEP) process. This guide contains a mixture of resource guides, videos, and blog-style posts to aid your learning around your child's disability support plan.

English Web Resources

General

1. IRIS Center: IEP Process: Review this free online resource describing the process of an IEP
2. The IEP Process [video]: Builds on the written piece
3. Before the IEP
4. 10 step breakdown: See how this is translated into everyday speech so anyone can understand (i.e., how do we take something so complex and make it into steps)
    1. Another breakdown of the steps
5. Short n' sweet overview: Does the summary capture the breadth of the process?
6. Do's & Don'ts of IEP Meetings [video]: What are the recommendations?
7. Maryland's Guide to IEP: How do we do things around here?
8. Project Heal Disability Rights in Maryland: This organization offers resources and referrals for parents in Maryland, including information on advocacy, educational consultants, and attorneys
9. Meaningful participation in the IEP process for CLD families: How do we engage Black and brown families into the conversation?
10. CPIR (Center for Parent Information and Resources): The CPIR website offers a comprehensive guide to the IEP process, including tips for preparing for meetings, understanding the IEP document, and knowing your legal rights.
11. What is an IEP vs 504 Plan?
12. A Parent's Guide to Evaluations, IEPs, and More: This link provides answers to common questions that parents or legal guardians may have about the IEP process
13. Culturally Responsive IEPs: A Guide for Families: This link outlines important information for parents, legal guardians, and families regarding culturally responsive IEPs if their culture and native language isn't fully represented in the school system

14. Parent Information Series: This link leads to additional booklets and comprehensive guides that outline parent rights, IEP information, and special education
15. IEP Tips for Parents
16. Tips for Before, During, & After the Meeting
17. Prince George's County Public Schools Special Education Toolkit: Supports parents who are learning how to navigate the special education system.

For Educators

1. Supporting Parents of CLD Children in IEPs: Emphasizes the importance of effective, two-way communication between educators and culturally and linguistically diverse (CLD) families, particularly within special education programs such as the IEP process.
2. Supporting Asian Families in IEP Meetings: Rios and Tu (2023) examine the experiences of Asian parents of children with intellectual and developmental disabilities in navigating the IEP process.

Troubleshooting

1. 10 Steps If Your Child is Denied Services
2. Action Steps if Your Child is Losing Services

Conclusion

The internet is constantly growing and evolving by the day. This list is a preview of all the tools that are at your fingertips! Continue to learn more and empower yourself every day; you are not alone.

For more resources, visit the Parents' Place of Maryland Resource Page.

CONSTRUIR UNA BASE

ENTENDER EL PROCESO DEL IEP

ESPAÑOL



Este documento reúne recursos digitales gratuitos que le guiarán por los puntos básicos del proceso del Programa Educativo Individualizado (IEP). Incluye guías, videos y artículos para ayudarle a aprender sobre el plan de apoyo para la discapacidad de su hijo.

Recursos en español

1. Guía para padres sobre el IEP: Guía en español del Departamento de Educación del Estado de Maryland sobre el IEP y los servicios de educación especial.
2. Comprender la ley IDEA y el IEP: Una guía sencilla en español de Autism Speaks sobre qué es el IEP, con información legal importante sobre la ley IDEA.
3. Qué llevar a la reunión: Una lista en español del DC Special Education Hub, de la Oficina del Ombudsman para la Educación Pública de DC, con lo que conviene llevar a una reunión del IEP y cómo prepararse para apoyar mejor a su hijo.
4. Descripción general del IEP: Explica el proceso del IEP. Es del PROGRESS Center, con fondos del Departamento de Educación de los Estados Unidos.

Conclusión

Sabemos que esta lista de recursos en español todavía es corta, ¡pero no se preocupe! La Fundación ABLE está traduciendo más materiales al español. Usted no recorre este camino sin apoyo: si tiene preguntas sobre el plan de su hijo, comuníquese con el centro de padres de su estado. En Maryland, The Parents' Place of Maryland: 410-768-9100.

Para ver más recursos en español, visite la página de recursos de The Parents' Place of Maryland.

Información general, no asesoría legal. Las reglas varían según el estado; consulte el aviso de garantías procesales de su escuela. Revisado en octubre de 2026.