

# PARENT TRAINING AS A RELATED SERVICE IN YOUR CHILD'S IEP

## What is Parent Training?

Parent training is exactly what it sounds like! It is training provided by a school to you, the guardian of a child receiving special education under an Individualized Education Program (“IEP”). The federal law, the Individuals with Disabilities Education Act (“IDEA”), recognizes the important role that you play in the lives of your children and their relationship with their school. Because of this, the IDEA specifically allows for schools to provide training to parents and guardians, so that you can better help your child make progress.

## What can Parent Training look like?

Parent training can be anything that the IEP Team (which includes you!) agrees is needed to help you gain skills necessary to support your child's IEP. This could include providing you with information or training:

- about how to respond at home to your child's behavior in a way that is consistent with in-school behavior management (this may be particularly useful during virtual learning).
- about how to use assistive technology devices, such as screen readers.
- on cognitive and speech language development.
- from related service providers (such as occupational therapy, physical therapy, or speech language therapy) on the skills being taught, so you can reinforce those skills at home.
- about child development or even contact information for potential resources outside of the school system, such as disability resources, parent support groups, or financial assistance resources.

## What if the school says they don't provide training for parents?

If the school says that they don't provide parent training, remind them of their responsibilities under the IDEA:

**Parent counseling and training is authorized by IDEA, see 20 U.S.C. § 1414(d)(1)(A)(i)(IV):**

The term “individualized education program” or “IEP” means a written statement for each child with a disability that is developed, reviewed, and revised in accordance with this section and **that includes—a statement of the special education and related services and supplementary aids and services, based on peer-reviewed research to the extent practicable, to be provided to the child, or on behalf of the child,** and a statement of the program modifications or supports for school personnel that will be provided for the child...

**Parent counseling and training is specifically listed as a related service, see 34 C.F.R. § 300.34(a):**

**Related services means transportation and such developmental, corrective, and other supportive services as are required to assist a child with a disability to benefit from special education, and includes...parent counseling and training.**

## Parent Information Center of Delaware

New Castle County: (302) 999-7394  
Kent/Sussex County: (888) 547-4412  
picofdel@picofdel.org/ picofdel.org



## Disabilities Law Program

### Community Legal Aid Society, Inc.

New Castle County: (302) 575-0660  
Kent County: (302) 674-8500  
Sussex County: (302) 856-0038  
TTY: (302) 5757-0696/ declasi.org

