

MCPS STUDY SKILLS FOR PARENTS/FAMILIES

Strategies for Students Ages 3–21 Receiving Specialized Supports

Build routines that help your child learn, build independence, and develop lifelong study skills.

Every child learns differently. Your child's IEP/504 plan identifies supports that help them succeed. Consistent routines, encouragement, and communication between home and school strengthen learning and build confidence. Small daily habits can make a big difference.

STAY CONNECTED WITH SCHOOL

Maintain regular communication with teachers, case managers, and service providers. Share successes, ask questions, and work together to support your child's progress toward IEP goals.

CREATE A DAILY LEARNING ROUTINE

Set a consistent time and quiet space for learning, homework, reading, or practicing skills. Review school communication, assignments, and upcoming activities together, and celebrate completed tasks.

BREAK TASKS INTO SMALL STEPS

Help your child complete one step at a time. Use visual schedules, checklists, timers, or picture supports when appropriate. Praise effort and progress rather than perfection.

BUILD INDEPENDENCE

Encourage your child to solve problems, ask questions, make choices, and complete as much of each task independently as possible before offering assistance. Gradually reduce support as confidence grows.

ENCOURAGE SELF-ADVOCACY

Help your child identify what helps them learn best and practice asking for support. Encourage them to understand their strengths, challenges, accommodations, and goals as appropriate for their age.

USE YOUR CHILD'S IEP/504 SUPPORTS AT HOME

Incorporate accommodations and strategies that work at school, such as:

- Visual supports
- Extended time
- Frequent breaks
- Assistive technology
- Graphic organizers
- Read-aloud or text-to-speech tools
- Alternative ways to demonstrate learning

MAKE LEARNING PART OF EVERYDAY LIFE

Practice skills through everyday activities:

- Read together every day.
- Count, measure, and compare while cooking or shopping.
- Build communication through conversations, games, and storytelling.
- Practice daily living skills, organization, self-care, and routines.
- Encourage older students to build self-advocacy, career readiness, and independent living skills.

NEED SUPPORT?

Partner with your child's teacher, case manager, related service providers, school counselor, or school administrator. Together, we can help every student grow, learn, and succeed.