

FLAGSHIP WORKSHEET

Special Needs Homeschool Starter Plan

Turn your first week into one calm plan: one current focus, one support to try, one evidence habit, and one review date.

Use this when...
 Your family is overwhelmed, leaving school, restarting after a hard week, or unsure what to do before buying curriculum.

Promise boundary
Planning support only. Not legal, medical, diagnostic, therapeutic, ESA eligibility, or reimbursement advice.

What success looks like
 You can name the next calm step, what can wait, and what evidence to save this week.

Review rhythm
 Try for 7 days, observe one pattern, adjust one thing, then decide whether to continue or ask for help.

Amber rule: Do not build a giant homeschool plan while your child is dysregulated. Stabilize the next 24 hours first.

BEFORE YOU START	PARENT CHECK
<input type="checkbox"/>	I am using child initials/nickname only.
<input type="checkbox"/>	I saved current school, IEP, 504, or evaluation records in a safe place.
<input type="checkbox"/>	I know which official source to check before changing enrollment, services, or funding decisions.
<input type="checkbox"/>	I understand this tool organizes parent actions; it does not determine eligibility, diagnose, prescribe therapy, or guarantee reimbursement.

SOURCE CHECK	WRITE IT DOWN BEFORE ACTING
Official source checked on	
Source URL or contact	
Question still needing an answer	
Decision/status	<input type="checkbox"/> ready <input type="checkbox"/> waiting <input type="checkbox"/> ask for help

FILLABLE TOOL

Your Week at a Glance

Fill this out before adding more resources. One calm week beats a perfect plan nobody can follow.

PROMPT	PARENT ENTRY
Child initials / nickname	
Week of	
Current situation in one sentence	
This week's main concern	
What is already working	
What can wait until later	
One support or accommodation to try	
Evidence or observation to save	
Question for tutor, provider, or program	
Review date	

Next calm step: For the next 24 hours, do only this: _____

TRY · OBSERVE · ADJUST

Support to Try This Week

PROMPT	PARENT ENTRY
Support to try	
When we will try it	
How long before reviewing	
What I expect it may help with	
What I will watch for	
Who I can ask if I am unsure	

Focus chooser

- Rebuild rhythm
- Reduce frustration
- Set up reading/writing/math access
- Coordinate tutoring or therapy practice
- Organize records and progress notes
- Clarify homeschool or funding questions

Try / observe / adjust

- Try the support for ___ days.
- Observe time, setting, task, and child response.
- Adjust one thing at a time.
- Ask for help when patterns are unclear.

EVIDENCE TYPE	SAVE?	SIMPLE NOTE
Work sample/photo	<input type="checkbox"/>	
Reading/math practice note	<input type="checkbox"/>	
Behavior/regulation observation	<input type="checkbox"/>	
Tutor/provider recommendation	<input type="checkbox"/>	
Official-source answer	<input type="checkbox"/>	

WORKED EXAMPLE	EXAMPLE ENTRY
Current situation	Parent is rebuilding homeschool rhythm after a difficult school year.
Main concern	Reading practice causes frustration after 10 minutes.
Support to try	8-minute decoding practice, then parent read-aloud and low-pressure oral summary.
Review date	Friday afternoon.