

Talking to Your Child's School

A Practical Guide for Kerala Parents

When your child has ADHD, autism, a learning disability, or any developmental difference, school can be a challenging environment. This guide helps you navigate conversations with teachers and school management — and advocate effectively for your child.

Before You Meet the Teacher

- Write down your child's specific challenges — be factual and specific
- Note your child's strengths too — every child has them
- Collect examples: homework, test papers, teacher feedback
- If your child has a diagnosis, bring the report
- Decide what you want from the meeting — information, support, or specific changes

Questions to Ask the Teacher

- ? What specific challenges are you observing with my child in class?
- ? How does my child interact with other students?
- ? What has worked well in helping my child stay focused?
- ? Can my child sit at the front of the class near the teacher?
- ? Can instructions be given in shorter steps?
- ? Can my child get extra time for tests and exams?
- ? Is there a quiet space for my child if they feel overwhelmed?
- ? Can we have a regular update — weekly or monthly — on my child's progress?

Reasonable Accommodations to Request

In India, the Rights of Persons with Disabilities Act (2016) provides legal rights to children with diagnosed disabilities in education. Schools are required to provide reasonable accommodations. You can request these formally in writing.

- Preferential seating (front of class, away from distractions)
- Extended time on tests and exams (typically 25-50% extra)
- Simplified or chunked instructions
- Oral testing as an alternative to written
- A quiet room for tests
- Reduced homework load or modified assignments
- A copy of class notes
- Regular teacher check-ins during class
- Flexibility on handwriting — allow typed work where possible

If the School is Unresponsive

- Put your requests in writing (email or letter) — this creates a record
- Request a meeting with the school principal
- Reference the RPwD Act 2016 in your communication
- Seek support from your child's therapist or psychologist — they can write to the school
- Consider whether a school that is more inclusive would better serve your child

Need help preparing for a school meeting? Talk to our team — we can help.
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