

ONE-PAGE ADVOCACY SNAPSHOT



**Because no one should have
to decode your kid from
scratch.**

by Vanessa Moyers

If you're tired of explaining your child's needs 700 times to 27 different people, this one's for you. The One-Page Advocacy Snapshot is a printable, hand-it-over-and-breathe document that clearly summarizes who your kid is, what they need, and how to support them best. Use it at IEP meetings, therapy sessions, new classrooms, camp, or anywhere you find yourself playing translator. No jargon. No fluff. Just the facts that matter most—from the person who knows them best: you.

WHAT THIS TOOL DOES

- Eliminates the overwhelm of repeating yourself
- Helps professionals connect faster and more effectively with your child
- Empowers you to lead conversations with clarity and confidence
- Acts as a foundation for accommodations, supports, and understanding

WHAT TO INCLUDE IN YOUR SNAPSHOT (Use this as a template for your one-pager)

1. Name & Age
2. Diagnosis/Neurotype (if applicable)
3. Key Strengths
 - (What your child does well, enjoys, and thrives in)
4. Challenges or Needs
 - (What tends to trigger dysregulation or frustration)
5. Sensory Preferences
 - (What calms, overstimulates, or helps regulate)
6. Support Strategies That Work
 - (What helps in a meltdown, how they learn best, any communication tips)
7. What Doesn't Work
 - (Things that escalate, confuse, or shut down your child)
8. My Child Is...
 - (A one-line statement of belief from YOU about your child's potential, personality, and brilliance)

TIPS FOR USING IT

- Keep it clear, friendly, and to the point.
- Use bullet points for quick scanning.
- Bring copies to every meeting.
- Update it every 6 months or as your child's needs shift.

CLOSING NOTE Your voice matters, Mama. When you walk into a room with this snapshot in hand, you're not just advocating—you're leading. And that shifts everything.

Meet Vanessa — an unfiltered empowerment coach for gaslit ND mamas raising outside-the-box kids. Around here, we ditch the guilt, drop the apologies, and build the confidence you need to advocate like a badass and raise your legend with zero fear.



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You've got **this**, Mama!! I've got **you!**

XO Vanessa XO

