**Info on how to get support services (an evaluation, an IEP)**

* [Understanding Evaluations](https://www.understood.org/en/school-learning/evaluations/evaluation-basics/understanding-evaluations)
* [Download: Sample Letters for Requesting Evaluations and Reports](https://www.understood.org/en/school-learning/evaluations/evaluation-basics/download-sample-letters-for-requesting-evaluations-and-reports)
* [The Difference Between IEPs and 504 Plans](https://www.understood.org/en/school-learning/special-services/504-plan/the-difference-between-ieps-and-504-plans)

**Help Managing a Child’s Behavior**

* [Parenting Coach Tool](https://www.understood.org/en/tools/parenting-coach)
* [Behavior Contracts: What You Need to Know](https://www.understood.org/en/school-learning/partnering-with-childs-school/working-with-childs-teacher/behavior-contracts-what-you-need-to-know)

**Advice for Helping a Child with Social/Emotional Issues**

* [Signs of Anxiety and Depression in Different Grades](https://www.understood.org/en/friends-feelings/managing-feelings/stress-anxiety/signs-of-anxiety-and-depression-in-different-grades)
* [The Importance of Self-Esteem for Kids with Learning and Attention Issues](https://www.understood.org/en/friends-feelings/empowering-your-child/self-esteem/the-importance-of-self-esteem-for-kids-with-learning-and-attention-issues)