

## 5 Free ChatGPT Prompts

### Copy. Paste. Get help tonight.

Your child is melting down. The school wants a meeting. The report makes no sense.

You don't need another 40-page course. You need the exact words to type into ChatGPT — right now — so AI writes the letter, calms the moment, or decodes the jargon.

Inside: 5 battle-tested prompts you can use with ChatGPT, Claude, or Gemini today.

### Want all 60+ prompts?

The full Bright Steps AI Prompt Vault covers IEP & BIP letters, meltdowns, bedtime, homework, teacher scripts, and more.

→ [brightstepsbehavior.com/ai-prompt-vault](https://brightstepsbehavior.com/ai-prompt-vault) · \$27 one-time

# 1. The IEP Meeting Letter

*When to use: Before an IEP or 504 meeting, or when the school isn't returning your calls.*

## **COPY THIS INTO CHATGPT / CLAUDE / GEMINI:**

You are an expert special education advocate. Write a professional but firm email to my child's IEP team requesting a meeting to review [specific concern, e.g., lack of behavior supports]. My child is [age] in [grade]. They have [diagnosis/eligibility]. Here's what's happening: [describe the situation in your own words]. Include: (1) a clear ask, (2) 2–3 specific accommodations to discuss, (3) a request for written response within 10 school days, (4) a warm but firm tone. Keep it under 250 words.

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IEP letters · BIP scripts · meltdowns · homework · teacher & principal emails  
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## 2. The Meltdown Decoder

*When to use: Right after a meltdown, when you're trying to figure out what actually happened.*

**COPY THIS INTO CHATGPT / CLAUDE / GEMINI:**

You are a child behavior specialist trained in the ABC (Antecedent–Behavior–Consequence) model. My [age]-year-old just had a meltdown. Here's what happened: [describe]. Help me figure out: (1) What was the likely TRIGGER? (2) What UNMET NEED was the behavior communicating? (3) What could I say next time in the first 30 seconds? (4) One small change I can make to the environment. Use plain, warm language — I'm exhausted.

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### 3. The Report Translator

*When to use: You just got a psych eval, IEP draft, or diagnosis report and it's in code.*

**COPY THIS INTO CHATGPT / CLAUDE / GEMINI:**

I'm going to paste part of my child's [evaluation / IEP / doctor's report] below.  
Translate every jargon term into plain 5th-grade English. Then tell me: (1) What are the 3 most important findings I need to understand? (2) What questions should I ask the team? (3) What services or accommodations does this report support me asking for? Here's the text:  
[paste report text]

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## 4. The Teacher Partnership Email

*When to use: When a teacher is frustrated with your child and you want to reset the tone.*

**COPY THIS INTO CHATGPT / CLAUDE / GEMINI:**

Write a warm, collaborative email to my child's teacher, [name]. My child is [name/age], and lately at school [describe issue]. I want to: (1) thank the teacher for what they're doing, (2) share what works at home, (3) propose ONE small strategy to try, (4) ask to check in again in 2 weeks. Keep it under 200 words. Kind but professional — not defensive.

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## 5. The Bedtime Reset Script

*When to use: Bedtime is a battle every night and you're out of ideas.*

### **COPY THIS INTO CHATGPT / CLAUDE / GEMINI:**

You are a pediatric sleep and behavior coach. My [age]-year-old fights bedtime every night. Here's what our routine looks like now: [describe]. The hardest moment is [specific moment]. Give me: (1) a 20-minute wind-down sequence in numbered steps, (2) exactly what to SAY at the hardest moment (2 short scripts), (3) one sensory tool to try tonight, (4) how to handle it if they get out of bed. Keep advice warm, realistic, and step-by-step.

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# Ready for the full toolkit?

The Bright Steps AI Prompt Vault — 60+ prompts, one PDF, \$27.

## What's inside the full Vault:

- IEP, 504, BIP & FBA letters that actually get services
- Right-now meltdown scripts + after-the-storm repair
- Decode the diagnosis, evaluation, and report jargon
- Bedtime, homework, screen-time, and sibling scripts
- Teacher & principal prompts to lead with the kid
- Social stories, coping cards & self-advocacy for the child

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