

## ***FIVE WAYS TO HELP YOUR CHILD BECOME SELF DETERMINED***

1. Understand that It is never too early for our children learn how to be Self Determined!
2. If your children are young, start by just having them in the IEP meetings with you. Our kids are listening and absorbing what is being said.
3. If your child is older (High school) and has yet to be apart of an IEP meeting, then start now! You can begin with small steps like having them write down what they want to be when they grow up, what things are difficult for them and what things they do well. They can simply introduce themselves and their parents at the beginning of the IEP meeting. From there, it can grow into more in depth involvement.
4. Utilize the resources that are provided. No need to re-invent the wheel. Educate yourself and then your child.
5. A part of being self Determined is the knowledge and understanding of your disability!

### **TERRI'S TIPS**

Parent Mentors share ideas and resources with one another on a daily basis. [Terri Goodridge](#), mom of a young son receiving special education related services and a Bibb County Parent Mentor, files our parents' tips in categories, so she can share information.



## **Self Determination**

For many districts, annual IEP meetings are about to begin. What better way to prepare for IEP meetings than to take a long hard look at Self Determination, how to get our schools on board and how to begin the process with our children. The following are useful resources:



Alabama based and developed by concerned parents, The Full Life Ahead Foundation has a wonderful textbook that can purchased for \$25.

[www.fulllifeahead.org](http://www.fulllifeahead.org)

FREE downloadable curriculum that Partnerships for Success recommends (from Florida)

[http://www.fldoe.org/ese/pdf/dream\\_adults.pdf](http://www.fldoe.org/ese/pdf/dream_adults.pdf)

The GA Dept of Education provides training by Partnership For Success on Self Determination, called Asipre.

For more information, please e-mail [Cindy Saylor](mailto:cdsaylor@bellsouth.net) (cdsaylor@bellsouth.net) OR [Colleen Lambert](mailto:clambert@partnershipsforsuccess.com) (clambert@partnershipsforsuccess.com).

Article: Promoting Student Self-Determination Skills in IEP Planning, By Wendy M. Wood , Meagan Karvonen, David W. Test, Diane Browder and Bob Algozzine

<http://www.transitiontocollege.net/percpubs/SelfDeterminationArticle.pdf>



The Virginia Department of Education's Self Determination website has loads of resources, lessons, activities, power points, videos, etc. Fantastic site! Just “play around”!

<https://php.radford.edu/~imdetermined>

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