

# Activity for Parents and Guardians



## What Can You Do to Help Your Child Prepare for Adulthood?

As a parent or guardian of a youth with a disability, you have a big role in helping your child prepare for adulthood. At times it may seem hard to decide how to help your child in planning for the future.

### Here's Where You Can Start...

- Help your teen explore how their talents and skills can help them get a job. Trying out jobs while still in high school is important!
- Have high expectations for your child's future. Focus on your child's strengths and your child will get excited about what's possible.
- Don't be afraid to let your child fail. This is difficult for all parents. But it's important for your teen to try new things – such as jobs, hobbies, friendships, transportation options, etc. Some of these things may not be a good fit for your teen, but that's okay. Each failure is also an opportunity to grow and learn.

### Checking In with Your Teen Activity

Checking in with your teen from time-to-time can be helpful in keeping the lines of communication open. Instead of just connecting about day-to-day activities, use the question starters below to get an idea of what your teen is thinking about.

(If you are a teen looking at this activity, ask a member of your family to do this activity with you!)

**Directions:** Ask your teen to finish the following sentences.

**I feel** \_\_\_\_\_

**I wish** \_\_\_\_\_

**I think** \_\_\_\_\_

**I need** \_\_\_\_\_

**I hope** \_\_\_\_\_

**I want** \_\_\_\_\_

**I dream about** \_\_\_\_\_

\_\_\_\_\_