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 _________________________________________

beforeage18.org