



Action Steps for Families

Tips for helping 14 to 16-year-old children grow and learn!

The child's teenage and high school years are beginning! These years are filled with change, and more and more people begin to ask children, "What do you want to do after high school?" You may think, "What CAN my child with a disability do after high school?" These are the years to explore that question and to use the many resources from your school and community to get answers.

Remember! Your expectations for the child play a major part in helping them get ready for the future. The more you encourage and support the child to achieve, the more they will. Think big and cheer them on!

The things you do now at home will make a big difference in how well the child does in school and as an adult. Children with disabilities are best supported when parents encourage them to succeed in school and with friends.



Get Started

At age 14, the child's school and teachers will begin preparing the child for life after high school. They do this by including a transition plan in their Individualized Education Plan (IEP). You play an important role in this plan. Here are a few ways you can support the child:

Be involved

- » Be involved with the child's school. Meet the child's teacher and go to school events.
- » Attend the child's Individualized Education Plan (IEP) meetings at school.

Talk about the future

- » [Use the WITransition App](#) to increase the child's self-direction and advocacy skills.
- » Spend time and talk with the child. Explore with them what they're interested in and what they hope for in their life.

Try new things

- » Invite the child to go to work with you or a family friend to learn what jobs are like.
- » Encourage the child to join extracurricular activities and volunteer in your community.



Connect with your community

Talk with your school to help the child be more included in the classroom and with peers. [It's the child's right under IDEA!](#)

Get more information on how to prepare the child for success:

- » [Before Age 18 Action Steps for Families](#)
- » [Why High School Inclusion Matters](#)
- » [Wisconsin Youth Leadership Forum](#)
- » [CDC Positive Parenting Tips](#)



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beforeage18.org

