



Suggestions on how your child can participate in his/her Individualized Education Program (IEP):

- Create invitations to the meeting
- Make a list of strengths and challenges
- Introduce IEP team members
- Share plans for the future
- Create a PowerPoint presentation
- Participate in IEP planning meetings
- Write thank-you notes after the meeting



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**What is  
Self-Determination?  
How can I help  
my child become more  
self-determined?**

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A Self-Determination Project

**Self-determination** refers to both the right and the ability to direct your own life.

**Self-determination** allows people to make choices and decisions to improve their quality of life.

### ■ Self-determination means:

- knowing yourself;
- knowing what you want your future to look like and how to plan for it; and
- knowing the supports you will need to have control in your life.

### ■ Parents should know:

- studies show that students who included self-determination goals in their Individualized Education Programs (IEPs) were more likely to earn a higher income one year after graduation. (Wehmeyer, 2004)

### ■ How can you help your child become self-determined?

- Encourage your child to make choices and decisions about everyday activities.
- Help your child to identify strengths and preferences.
- Help your child to understand that choices have results and consequences.
- Talk to your child about the process of goal setting.
- Encourage disability awareness.
- Help your child to understand accommodations and the role they play in his/her life.
- Talk to your child about his/her rights.
- Help your child to become involved in his/her IEP.
- Model problem solving.

