

Suggestions on how your child can participate in his/her IEP:

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

What is Self-Determination?

How can I help my child become more self-determined?

Important Information for Parents

A Self-Determination Project

Adapted from Commonwealth of Virginia
Department of Education, 2011

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