

# The Future Is Now

## THINK BIG!!!

Taking the FIRST  
Steps Towards  
Helping Your Child  
be Independent



### PREPARING FOR TRANSITION PLANNING

FOR PARENTS OF CHILDREN AGES 0 - 6 YEARS OLD

## How to use this booklet:

This booklet contains a series of questions designed to guide you towards helping your child with disabilities and/or special health care needs (SHCN) learn to become independent in their lives.

It is important to gain knowledge and create a team approach with your physicians, therapists, educators, family and friends to help your child grow step by step in life skills and self advocacy.

*The little things you start now will build towards a bright future.*



## Challenge yourself - Think Big!!!

Self-Advocacy	I can do this	Who/what can help me?	Done
Can I pronounce my child's disability/SHCN?			
Do I understand the meaning of my child's disability/SHCN?			
Do I understand my rights to privacy and making decisions regarding my child?			

Health & Wellness			
Do I encourage physical play with my child?			
Do I limit the amount of time my child uses a computer or watches TV?			
Do I encourage a variety of foods and limit sugary treats?			
Do I help my child with daily oral care?			
Does my child's disability/SHCN make toilet training difficult?			
Am I able to teach positive toilet training with my child?			
Do I know when my child is sick?			
Can I list my child's medication?			
Can I administer my child's medication?			
Do I understand the reason my child needs medication?			
Do I understand the side effects of my child's medication?			

## Checklist continued...

Healthcare System	I can do this	Who/what can help me?	Done
Do I know how to contact my child's doctor?			
Do I know how to call and change an appointment?			
Do I know the name of my health insurance?			
Do I have copies of my child's insurance card(s)?			
Do I know how to order my child's medication?			
Do I know how to replace my child's durable medical equipment?			

Social & Recreation			
Do I read to my child everyday?			
Do I encourage conversation with my child?			
Do I have my child play with other children or play group?			
Do I play simple games with my child and encourage taking turns?			

Independent living skills			
Do I encourage my child to make simple decisions?			
Do I encourage my child to feed himself/herself?			
Do I encourage my child to dress himself/herself?			
Do I teach my child about being safe?			
Do I give my child simple chores to complete?			
Can I set aside funds for my child's future needs?			

School and Work			
Have I contacted my school district about early childhood education?			
Have I visited my local pre-K and/or grade school?			
Do I know where to go for special educational services in my school district?			

What else do I want to know? \_\_\_\_\_

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Notes: \_\_\_\_\_

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## Check out the Other Editions in this Series:



To request copies of this publication, call 1-800-332-6262.

