



Tips for Raising a Self-Determined Child

Wisdom from Virginia Parents

1. **Never give up on your youth.**

Link: <http://www.imdetermined.org/parents>

Clip: Tori and parents on the journey

2. **Teach them that they are equal to anyone else, even though they have a disability.**

Link: <http://www.imdetermined.org/parents>

Clips: Josh and dad on wrestling

Ben on the I'm Determined Project

3. **Meet the obstacles together as a family.**

Link: <http://www.imdetermined.org/parents>

Clips: Josh and dad on wrestling

Tori and parents on the journey

David and mom on the impact of I'm Determined

Randy on the impact of disability on family

4. **Let them know they have a disability and what that means for them.**

Link: <http://www.imdetermined.org/parents>

Clips: The importance of knowing your disability

Tori and parents on the journey

5. Know the rights of a person with a disability and let others know, too.
Link: <http://www.imdetermined.org/parents>
Clip: Josh and dad on wrestling

6. Push them to be the best they can be.
Link: <http://www.imdetermined.org/parents>
Clip: Tori and parents on journey

7. Allow some opportunities without parents for youth to experience their own strengths.
Link: <http://www.imdetermined.org/parents>
Clip: The Parent Summit

8. Support them to get out among other people to learn. Allow them to meet other people with disabilities, hear their stories and what they have overcome.
Link: <http://www.imdetermined.org/parents>
Clips: Josh and dad on the I'm Determined Project
Randy on the I'm Determined Project
David and mom on the importance of I'm Determined

9. Let them know they have a role. Give them the opportunity to do it themselves. Give them responsibilities from a young age.
Link: <http://www.imdetermined.org/parents>
Clip: Principal on students being responsible

10. Listen to preferences and honor them.
Link: <http://www.imdetermined.org/parents>
Clips: Franklin County Teachers' Discussion
Lisa Simmons
Tammy Lee Part 1

11. Let other people tell them things that they might not listen to coming from their own parents.

Link: <http://www.imdetermined.org/parents>

Clips: Randy on the I'm Determined Project

12. Enable them to know their strengths, interests, who they are.

Link: <http://www.imdetermined.org/parents>

Clip: David and mom on transition

13. Accommodate to the disability in the family, and realize that meeting each other's needs goes both ways: family to youth; youth to family.

Link: <http://www.imdetermined.org/parents>

Clip: Randy on the impact of disability on family

14. Be involved. Talk to all teachers, and help your youth move forward in their lives. Support their decisions, and work gradually to turn over the reins.

Link: <http://www.imdetermined.org/parents>

Clip: Melissa Hallaj on transition

15. Communicate love freely.

Link: <http://www.imdetermined.org/parents>

Clips: David and mom on family support

Tori and parents on the journey

16. Have faith; time is a factor. Self-determination doesn't happen overnight.

Link: <http://www.imdetermined.org/parents>

Clip: Melissa Hallaj on transition

17. There is joy in journey. Disability is only a part.

Link: <http://www.imdetermined.org/parents>

Clips: David on having a positive attitude

David and mom on the impact of I'm Determined

Tori and parents on the journey

Melissa Hallaj on transition