

# Start early: Your child's future at work

Mindset, expectations, skills & experiences

## Dream & plan for the future

Talk with your child: What will a good life be like? Use planning resources.

- Get help from a facilitator to do [person-directed planning](#)
- Find inspiration & resources with [Partners for Planning](#)
- Use a workbook like Holland Bloorview's [Personalized Transition Plan](#)
- Learn about pathways to employment. Get ODEN's [Family/Caregiver Handbook and e-learning module](#)

## Give real chores with real expectations

Expect all your children to do chores. Chores at home help children build skills. Give real feedback.

- Read Holland Bloorview's [Chores Tip Sheet](#) (scroll to "Resources") and [Sample Daily Learning Schedule](#)

## Work with your school

Share your goals. Ask for skill building & employment experience programs.

- Participate in planning meetings to set specific goals in the Individualized Education Plan (IEP) and discuss your child's progress and program
- Learn how schools support students with disabilities: [Holland Bloorview Family Tipsheet: Understanding School Supports](#) and [Ontario Ministry of Education's webpage](#)
- Get free legal advice if needed from [Pro Bono Ontario's](#) Education Law program

## Participate in activities in your community

Join recreation and sports activities in your community. Your child builds confidence, skills and social connections.

- Connect with your city or region's recreation department for information about community programs. Example: [Toronto Recreation Guide](#).
- Explore options through organizations such as [Special Olympics](#) or [ParaSport Ontario](#)
- Contact your [local children's developmental health centre](#) or other youth organization if you need ideas or support

## Volunteer

Look for opportunities to volunteer at school and in your community. Regular weekly or monthly volunteering builds your connections and skills.

- Read Holland Bloorview's [Getting Started with Volunteering](#) Tipsheet (scroll to "Resources")

## Connect with employment programs

Connect with community organizations that provide employment preparation programs & employment supports. Examples:

- Holland Bloorview’s [Employment Pathways](#)
- [March of Dimes Canada Employment Services](#)
- Your local Community Living organization or youth employment service provider
- If you are registered with [DSO](#) make sure you have requested “Community Participation Supports”. You can use Passport Funding to purchase job coaching and employment preparation supports.
- Ontario [Integrated Employment Services](#)

## Connect with other families & people with lived experiences

Participate in family activities at your child’s school. Contact a family support network. Attend learning events.

- Connect with parents at your school and your community programs
- Find Ontario [family support networks](#) including the [Family Support Network for Employment](#)
- Follow [Connectability.ca](#) to find events and programs in your community

## Get general resources

Seek out other information to help you reach your goals.

- Get information to plan for the transition to adult life. Ask your community service provider or connect with Holland Bloorview’s [Bridging to Adulthood](#) team.
- Learn about [1 page profiles](#), [infographics](#) and [“all about me” resources](#)
- Read Holland Bloorview’s [Visual/Video Resume Tipsheet](#) (scroll to “Resources”)
- Use these guides from [CERIC](#):
  - The Early Years: Career Development for Young Children – A Guide for Parents/Guardians
  - The Decade after High School: A Parent’s Guide

## Our action plan

Small steps are great. Write notes here.

### 3 steps we plan to take in the next 1-6 weeks:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_