

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. _____