



Helping Your Child Develop Self-Determination

Self-determination is an individual’s ability to make choices consistent with their personal values in order to establish and improve their quality of life.

Skill	At School	At Home
<p>Independence</p>	<ul style="list-style-type: none"> ● School Routines: Students are taught clear expectations and routines in the classroom to complete independently ● Build Confidence: Students are encouraged to try on their own before asking for help, reference peers, ask peers for help 	<ul style="list-style-type: none"> ● Self-Care Skills: Encourage skills such as tying shoes, zipping coat, blowing nose, washing hands, opening food, and toileting independently ● Build Confidence: Recognize things you can do on your own, “give it a try”, ask for help when needed
<p>Responsibility</p>	<ul style="list-style-type: none"> ● School Jobs: Students take care of school materials and self ● School Routines: Students learn their routines and classroom jobs (ex. Morning job: hand in folder, make lunch choice, put away belongings) 	<ul style="list-style-type: none"> ● Home Routines: Help students develop responsibility for putting away coat, lunchbox, and backpack when arriving at home ● Body Control: Help children understand appropriate voice and activity levels for different settings
<p>Goal-Setting</p>	<ul style="list-style-type: none"> ● Hopes and Dreams: Classrooms work on setting class and individual goals to develop a growth mindset, and classes post and discuss those goals regularly. 	<ul style="list-style-type: none"> ● Daily Goals: Help your child identify achievable goals, such as, “Today I want to accomplish...” or “When I am at swim lessons today I want to...”

<p>Concern for Others</p>	<ul style="list-style-type: none"> ● Build Empathy: Teachers help students understand how their actions make others' feel and encourage kind behaviors and language 	<ul style="list-style-type: none"> ● Model Empathy: Show concern and discuss the feelings of others with your child (Are you okay?, Can I help you?, I'm sorry.; She feels ____ because____.) ● Volunteer: Consider volunteer opportunities in your community
<p>Self-Advocacy</p>	<ul style="list-style-type: none"> ● How to Seek Help: Students learn to raise their hand and ask an adult "Can you help me, please?" ● Who to Ask: Teachers help students learn that adults in our school are here to help 	<ul style="list-style-type: none"> ● When to Seek Help: Help your child identify when something is difficult and to try before asking ● Self-Respect: Help your child understand how they should expect to be treated by others