

# Preparing for Post-secondary Life

## 20 Powerful Strategies

### Prepare Your Child for Inclusive Post-Secondary Education Programs

<b>Make sure your child is a regular attendee at an over-night, sleep-away camp.</b>	Have your child become comfortable with electronic communication, including email and attachments	<b>Empower your child to manage a schedule using a cell phone (calendar, timers, reminders, etc)</b>	Strategize a system for independent medication management	<b>Help your child practice talking about disability characteristics, best learning styles, and needs.</b>
<b>Sign up for a drama or improv group</b>	Have your child call and make appointments for doctor/dentist/advisor	<b>Give your child a budget for clothing. Step back from the selection process.</b>	Support choice-making.	<b>Start a savings program for college.</b>
<b>Build expectations for post-secondary life (working, living independently)</b>	Open a bank account with your child. Give your child the debit card and train responsible use of money.	<b>Let your child fail, and talk through making a different choice next time.</b>	Help your child become comfortable with down-time & using time constructively	<b>Use public transportation, even if YOU don't live on the bus line.</b>
<b>Encourage moderation strategies around food and money</b>	Fill your life with interest other than the social/sports/activity schedule of your child. (i.e. Get your own life)	<b>Support your child in volunteering for a cause or organization. (Excellent work experience!)</b>	Dignify your child's desires with high expectations.	<b>Use Family Support dollars to pay for inclusive camping experiences and extend that use for post-secondary programs</b>