

SELF-DETERMINATION T-CHART

A Tool for Parents to Teach Self-Determination to Children



Column 1: *During the day, make a list of things you do to help your child.*

Column 2: *Look at the first item you listed in Column 1. In Column 2, write what you need to teach your child so he/she can help his/herself perform this task. Now do this for each item in Column 1.*

Child's Name: _____ **Date:** _____

Question: What am I doing for my child that he can do for him/herself?	What does my child need to learn? What tools will I need?