As *parents we need to*..........................

- Eat colorful foods (Colors of the Rainbow).
- Lower lights.
- Sit Comfortably.
- Eyes Closed, Palms open.
- What are you grateful for?
- Who Am I?
- What do I want?
- Focus attention on heart beating.
- Breathe (settle your mind).
- Relax.
- Open your eyes.
- Provide Mindful fragrances (lavender and jasmine).
- Create a Happy Wall.
- Give Gratitude Stones: What am I grateful for?
- Let the light in our youth shine.
- Give our youth and ourselves the social and emotional skills to reduce stress in order to create calmer, kinder, happier families.
As parents we need to............................

• Assign chores that encourage the development of responsibility and mastery of independent living skills.
• Recognize that transition assessment may or may not be taking place at your school.
• Request that your child participate in a vocational assessment.
• Be aware that assessment “drives” instruction.
• Acquaint your child with as many occupations as possible.
• Encourage career exploration courses.
• Arrange summer work experiences.
• Learn about vocational education programs and explore them.
• Understand the assessment process, its purpose, and its benefits.
• Review the results of any assessment with your child.
• Remember that meaningful employment is too important to be left to chance.
• Know that a vocational assessment is the most important process available for gathering information.