## My Action Plan

### My Goals and Concerns:


### Personal Care

**Things my child can do on his or her own:**

- [ ] Dress
- [ ] Use the toilet
- [ ] Shower
- [ ] Take care of hair and nails

**Personal care task I would like to start working on:**


**Which of these tools would help my child learn this personal care task?**

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<tbody>
<tr>
<td>[ ] Task analysis (Break a task down into many small steps)</td>
<td>Notes:</td>
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<td>[ ] Parallel talk (While your child is doing a task, explain why it and each step of the task is necessary)</td>
<td>Notes:</td>
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<td>[ ] Story boards</td>
<td>Notes:</td>
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Social Skills

Social skills my child needs to work on:

Which of the tools below might help my child learn social skills?

- Social skills stories
- Boundaries circle chart
- Role playing
- 5-point scale

- Practice
- Social skills training
- Social groups

Three areas that I will work on in the next six months:

- Help my child better understand puberty
  - Make sure he or she can name private parts of the body
  - Teach the difference between public and private behaviors
  - Explain personal boundaries (of youth and of others)
  - Talk about the physical changes of puberty
  - Work on personal care (hygiene)

- Safety and appropriate touch
  - Understanding appropriate touch
  - Saying “no”
  - Recognizing unsafe situations
  - Knowing what to do if someone touches him or her inappropriately
  - Knowing who he or she can tell about inappropriate touch
  - Knowing what to say

- I will talk with my child’s IEP team about adding self care, personal safety, or social skills as an IEP objective.

Other:
<table>
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<tr>
<th>Whom would I be comfortable asking for assistance?</th>
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<tr>
<td>[ ] Family network (family, friends, elders)</td>
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<td>[ ] Parent center</td>
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<td>[ ] Center for independent living</td>
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<td>[ ] School professionals</td>
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