

- ☐ Dream Big! Children will be motivated by activities that interest them, so allow them many opportunities to try different activities and experiences and discover what they like. Resource: [Kentucky Recreation Guide](#)
- ☐ Help your child and others understand that they are a person with a unique identity, and that their disability is part of their identity. Focus on things that help them grow and develop, instead of on things that attempt to “fix” them.
- ☐ Work with your child’s school and your community to make sure your child grows, learns and participates with children with and without disabilities, to the greatest extent possible, and with principles and strategies of universal design in mind.
- ☐ Help your child learn ways to effectively communicate with others, and help others know the best way to communicate with your child. Be open to different forms of communication (assistive technology, sign language).
- ☐ Help caregivers, teachers and others understand, focus on and support your child as a person who has strengths, interests, preferences and needs, particularly as they enter pre-school and Kindergarten. Resource: [Vision Statement for Children](#)
- ☐ Feel empowered to share with caregivers and teachers about what works at home. You are the expert on your child and their first and best advocate.
- ☐ Connect with other families, adults with disabilities, and advocacy groups in your area to learn more about your and your child’s rights and to be a network of support. Find mentors who can share knowledge with you and help you along your child’s journey.  
Resource: [Kentucky Disability Resource Guide](#)
- ☐ Give your child opportunities and supports, based on their readiness and needs, to make friends through various activities. This will allow your child to practice and develop social skills and connect with other children.
- ☐ Give your child developmentally appropriate chores. Don’t feel like you must do everything at once. Pick one or two ideas to start.

# Kentucky Checklist for a Bright Future: 3-5 Years Old

**For parents of students with disabilities**

- ☐ Get advice on whether your child may qualify for available waivers and services, and find out if there are waiting lists.  
Resource: [Kentucky Disability Resource Guide](#)
- ☐ Set up an ABE account for long-term savings.  
Resource: [stablekentucky.com](http://stablekentucky.com)



# Resources for a Bright Future: 3-5 Years Old

For parents of students with  
disabilities

- Kentucky Recreation Guide: [recreation.wellness4ky.org](https://recreation.wellness4ky.org)
- Kentucky Disability Resource Guide: [resources.hdiuky.org/](https://resources.hdiuky.org/)
- Vision Statement for Children: <https://www.kentuckyworks.org/2018/08/07/brighter-futures-vision-statement/>
- Kentucky Protection and Advocacy: [kypa.net](https://kypa.net)
- STABLE Accounts in Kentucky: [stablekentucky.com](https://stablekentucky.com)
- HDI Children's Book: [You Can Do So Many Things by Kathy Sheppard-Jones](#)

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