

😊😊😊 HOPES and DREAMS EXERCISE 😊😊😊

To prepare for your IFSP meeting, you can fill out this exercise. The first section helps you think of goals you have for your **child** in the future - perhaps six months down the road. The first four categories allow for descriptions of your child's development. As you think about your hopes and dreams, also consider what kinds of help or assistance you will need to help fulfill them. The second section asks for **family** hopes and dreams, now and in six months. In each of these parts you are asked to think about who can help you and what services or supports you will need to realize these dreams now and in the future.

HOPES AND DREAMS FOR MY CHILD IN SIX MONTHS

😊 **Independence** (e.g., feeding, toileting, doing things without help)

😊 **Movement** (e.g., grasping, creeping, using motorized wheelchair, etc.)

😊 **Social** (e.g., smiling, recognizing mom, having friends, sharing toys, etc.)

😊 **Communication** (e.g., understanding words, letting me know he's hungry, etc.)

Services and supports my child will need to realize these hopes and dreams:

HOPES AND DREAMS FOR MY FAMILY RIGHT NOW

☺ Things we can do together:

☺ What I can do with individual children:

☺ Things just for my partner and me:

Supports we need to realize our hopes and dreams (*e.g., service providers, relatives, church, other assistance, etc.*)

HOPES AND DREAMS FOR MY FAMILY IN SIX MONTHS

☺ Things we can do together:

☺ What I can do with individual children:

☺ Things just for my partner and me:

Supports we will need to realize future hopes and dreams: