

Knowing what motivates your child is key if you want them to participate in choice-making. Use this worksheet to record what your child prefers and how they communicate this to others. This worksheet can also be used to prepare for IEP meetings or Children's Long-Term Support (CLTS) reviews.

My Child Likes

Food:

Activities:

Chores:

My Child Doesn't Like

Food:

Activities:

Chores:

Tools for Discovering Motivation

What does my child like to spend time doing (when an adult is not deciding for them)?

What brings a smile, a laugh?

What do they like to do again and again?

What do they want to share with me or others in their life?