Transitions/Looking Ahead

Your child and family will experience many transitions, small and large, over time. Three predictable transitions occur for most children: reaching school age, approaching adolescence, and moving from adolescence into adulthood. Children with special health care needs do not experience these transitions in the way most children experience them. Their transitions may include moving into new programs, working with new agencies and care providers, or making new friends. Transitions involve changes: adding new expectations, responsibilities, resources, and letting go.

Looking at transitions may be hard, depending on your circumstances. You may have limited time just to do what needs to get done each day. You may find it helpful to jot down a few ideas about your child's and family's future. You might start by thinking about your strengths. How can these strengths help you plan for what's next and identify long-term goals? What are your dreams and your fears about your child's and family's future?

Date:	