



Conversations with Individuals and Caregivers

If an individual is not capable of advocating for themselves, caregivers are the next best experts on their young person.

Caregiver involvement and support can play an essential part in ensuring the success of young people in 4-H. Having proactive conversations is an important first step in relationship development and creating inclusive environments for youth with disabilities.

Think about who to engage in conversation. Can the 4-H'er self-advocate or is a caregiver better?

Questions to ask

- What activities does your child feel especially successful doing and why?
- What supports would be most helpful? What helps at school and home?
- What do you want me to know?
- What are the best ways to communicate with you and your child?
- What activities are especially challenging and how can I support these?
- What would you like to gain out of your participation in 4-H (specific life skills, participation opportunities, etc.)?

Author: Darcy Cole, 4-H Extension Educator, UMN Extension Department of Youth Development

Reviewed by:

Anna Gilbertson, 4-H Extension Educator, UMN Extension Department of Youth Development

Betsy Olson Minnaert, 4-H Extension Educator, UMN Extension Department of Youth Development