



SPECIAL NEEDS | FIELD GUIDE

When an activity excludes your child

Turn a disappointing “no” into a specific access question.

A note from Victoria

Being told an activity is “not for your child” can sting. You know your child’s interests and capabilities. Start by asking what barrier the adult actually means.

What to do

Identify the activity your child wants, the obstacle named, and a support that might allow participation. Ask who can make an accommodation decision. Document the answer and seek qualified advocacy for legal rights questions. Include your child’s view of what would help.

Words you can use

“My child would like to participate. What specific part is a barrier, and what options can we explore together?”

One useful step I can take today:

I could start with: Write your child’s own reason for wanting to join.

The strength I see in you

You are protecting access to belonging, not asking for a favor.

Educational peer support, not individualized medical, legal, or school advice. Partner with your child and their care or school team; consult a qualified advocate about rights questions.



SPECIAL NEEDS | WORKSHEET

When an activity excludes your child

Use this page in your own words. You can leave any part blank.

What my child wants to join and why

The specific barrier someone named

An adjustment we can ask to explore

My next manageable step

A person, service, or place I can turn to (if useful)

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