

## Queensland Paediatric Rehabilitation Service



# Timetable for growing up

## *When does it happen?*

**Children and families go through many changes as children grow up. These times of change are often called transitions. Children face change when they enter kindergarten, when they become a teenager, and later when they become an adult.**





Starting a new program, working with new agencies and care providers, and making new friends are just some of the changes that lie ahead. To get ready for these changes, planning must start early, be real and positive, with shared expectations, and hope for the future.

As a parent of a child with special needs, you may be caught up in day-to-day survival. You may ask "How can I think about tomorrow when I'm just trying to make it through today?"

When you can catch your breath, it is helpful to be aware of those transitions and allow yourself to think about the future.

By looking through this *Timetable for growing up* you will start to think about the future. It will give you ideas to help your child become more independent with their health care and other areas of life as they grow. All children should be encouraged to do their personal best. Although children's abilities will vary, do not underestimate them. As a parent, you should have expectations of your child and encourage your child to expect the best from them self.

### Contact us

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# Timetable for growing up

As your child grows, continue with the suggestions from earlier years and add new activities and responsibilities as appropriate. From the age of 12 years, your child should be referencing this table themselves.

	Birth to 3 years	4 to 6 years	7 to 11 years	12 to 16 years	17 to 21 years
<b>Parenting</b>	<ul style="list-style-type: none"> <li>Let your child know the world is a good place.</li> <li>Take short breaks from your child to renew your energy.</li> <li>Apply for special services at home.</li> </ul>	<ul style="list-style-type: none"> <li>Give your child choices so they learn to make decisions.</li> <li>Teach your child the consequences of their behaviour and choices.</li> </ul>	<ul style="list-style-type: none"> <li>Let your child make mistakes.</li> <li>Teach your child to speak up for them self.</li> </ul>	<ul style="list-style-type: none"> <li>Advocate for yourself.</li> <li>Talk about sexuality.</li> <li>Look for older role models.</li> <li>Use your parents as a resource.</li> </ul>	<ul style="list-style-type: none"> <li>Investigate guardianship processes.</li> <li>Apply for income support.</li> <li>Become a mentor for younger children.</li> </ul>
<b>Social</b>	<ul style="list-style-type: none"> <li>Get involved in community activities that include children with and without special needs.</li> <li>Talk with parents of children with and without special needs.</li> <li>Take you child to playgrounds and parks.</li> </ul>	<ul style="list-style-type: none"> <li>Let your child learn what they like to do by exposing them to different leisure activities.</li> <li>Host birthday parties.</li> <li>Invite families with children who are your child's age to your home to play.</li> </ul>	<ul style="list-style-type: none"> <li>Encourage hobbies and leisure activities.</li> <li>Help your child to make friends.</li> <li>Support your child's participation in community activities, without parents where possible.</li> <li>Teach your child safe use of internet/technology.</li> </ul>	<ul style="list-style-type: none"> <li>Join teams and clubs at school.</li> <li>Get involved in activities outside of school.</li> <li>Hang out with friends.</li> </ul>	<ul style="list-style-type: none"> <li>Find out about community programs for adults that match your leisure or sports interests.</li> <li>Keep in touch with friends by phone or email and make plans.</li> </ul>
<b>Medical</b>	<ul style="list-style-type: none"> <li>Develop good working relationships with doctors and other service providers.</li> <li>Keep a record of your child's medical history.</li> </ul>	<ul style="list-style-type: none"> <li>Teach your child what their disability is called.</li> <li>Teach your child about their special needs.</li> </ul>	<ul style="list-style-type: none"> <li>Ask your child what they know about their special needs and fill in the gaps in their understanding.</li> <li>Help your child talk directly with doctors and other service providers.</li> </ul>	<ul style="list-style-type: none"> <li>Begin to look for adult health care providers.</li> <li>Attend part of your medical appointments alone.</li> <li>Start to make you own medical appointments and keep a record of your medical history.</li> </ul>	<ul style="list-style-type: none"> <li>Transfer to an adult health care provider.</li> <li>Get a summary of your medical record.</li> </ul>
<b>Self care</b>					
<p>“All children should be encouraged to do their personal best. Although abilities vary, do not underestimate them... encourage your child to expect the best from them self”</p>					
<b>Education</b>					
<ul style="list-style-type: none"> <li>Teach your child everyday skills – like brushing their teeth.</li> <li>Teach your child self care skills related to their special needs.</li> <li>Give your child chores that match with abilities.</li> </ul>			<ul style="list-style-type: none"> <li>Take you child shopping.</li> <li>Take you child on public transport.</li> <li>Teach your child their personal information such as address, and phone number.</li> <li>Let your child choose how to spend some or all of their allowance.</li> </ul>	<ul style="list-style-type: none"> <li>Direct your own personal routines.</li> <li>Cook together.</li> <li>Start to find your way around the community.</li> <li>Talk with your parents about where you will live as an adult.</li> </ul>	<ul style="list-style-type: none"> <li>Learn independent living skills.</li> <li>Plan and prepare meals.</li> <li>Practice budgeting and banking skills.</li> <li>Look at housing choices including attendant services and supported living options.</li> </ul>
<ul style="list-style-type: none"> <li>When registering your child for school, request a case conference to decide on the best educational placement.</li> <li>Keep a record of your child's education history.</li> </ul>			<ul style="list-style-type: none"> <li>Let your child do homework independently as much as possible.</li> <li>Support your child with homework by letting them tell you when help is needed.</li> <li>Begin asking your child what they want to be when they grow up.</li> </ul>	<ul style="list-style-type: none"> <li>Take part in meetings about your education and keep a record.</li> <li>Talk about career interests.</li> <li>Find volunteer work or a part-time job.</li> </ul>	<ul style="list-style-type: none"> <li><b>Going to college or university?</b> Contact Disability Support Officer on campus.</li> <li><b>Looking for work?</b> Register with Centrelink and request supported employment agency to assist with finding a job.</li> <li>Contact Disability Services for resources and adult programs.</li> </ul>