

## 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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