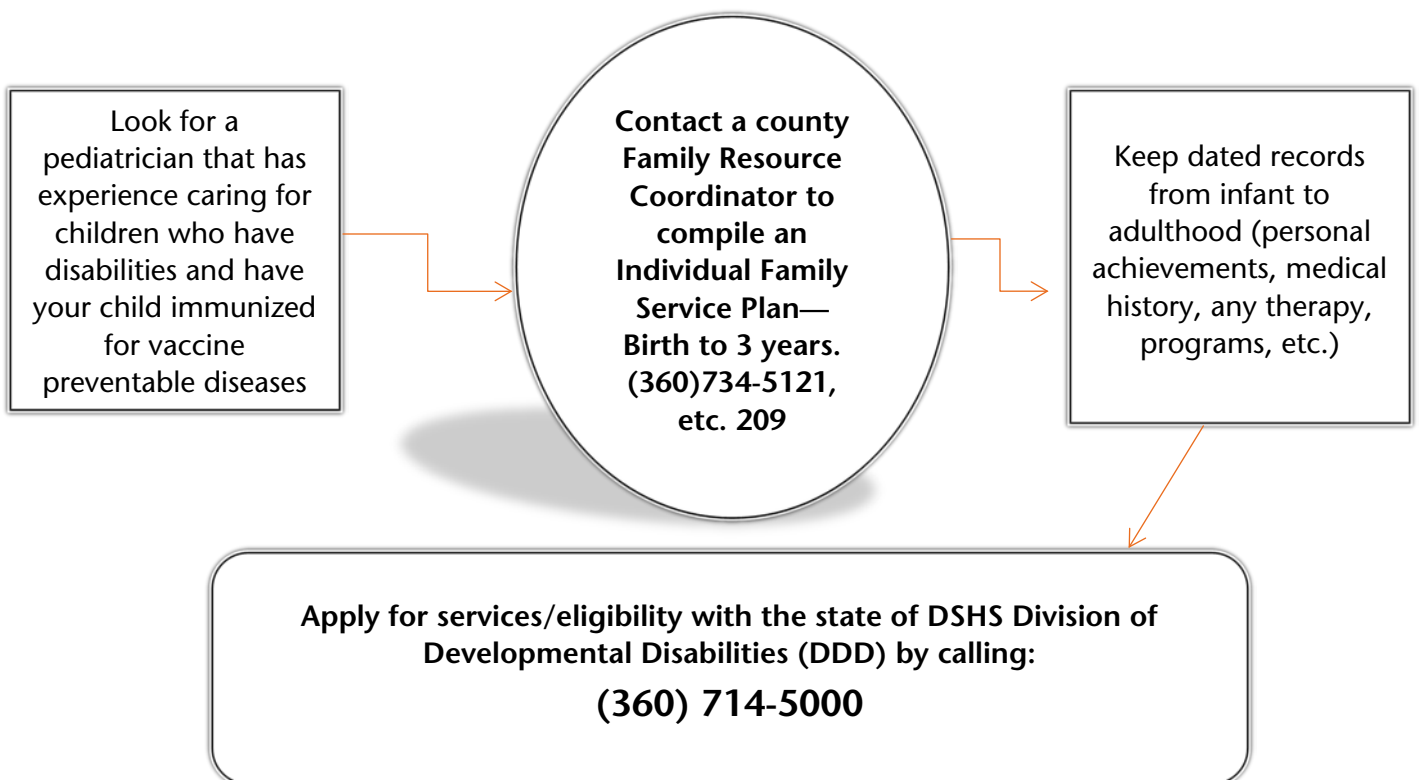


Timeline *The 1st Year*

Parent and Child Interactions that Encourage Independence

- *Show your infant that the world is a good place to live in*
- *Develop a sense of trust by honoring your child's emotions and by giving praise*
- *Allow your child to develop at his/her own individual rate*
- *Offer a variety of opportunities for sensory stimulation*
- *Take short breaks from your child to renew your energy*

By Age 1

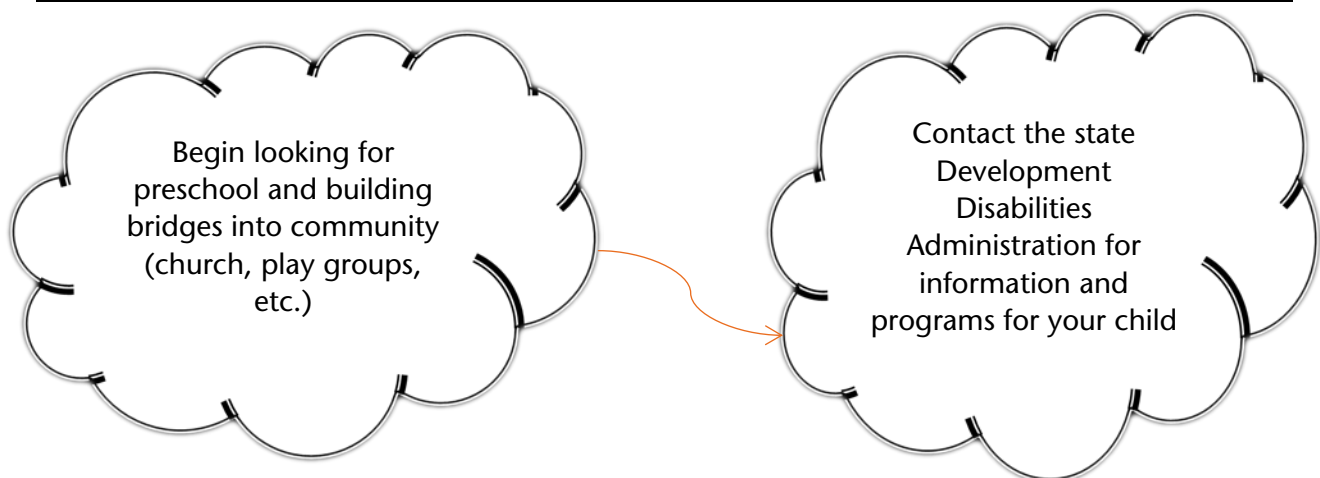


Timeline *2-5 Years*

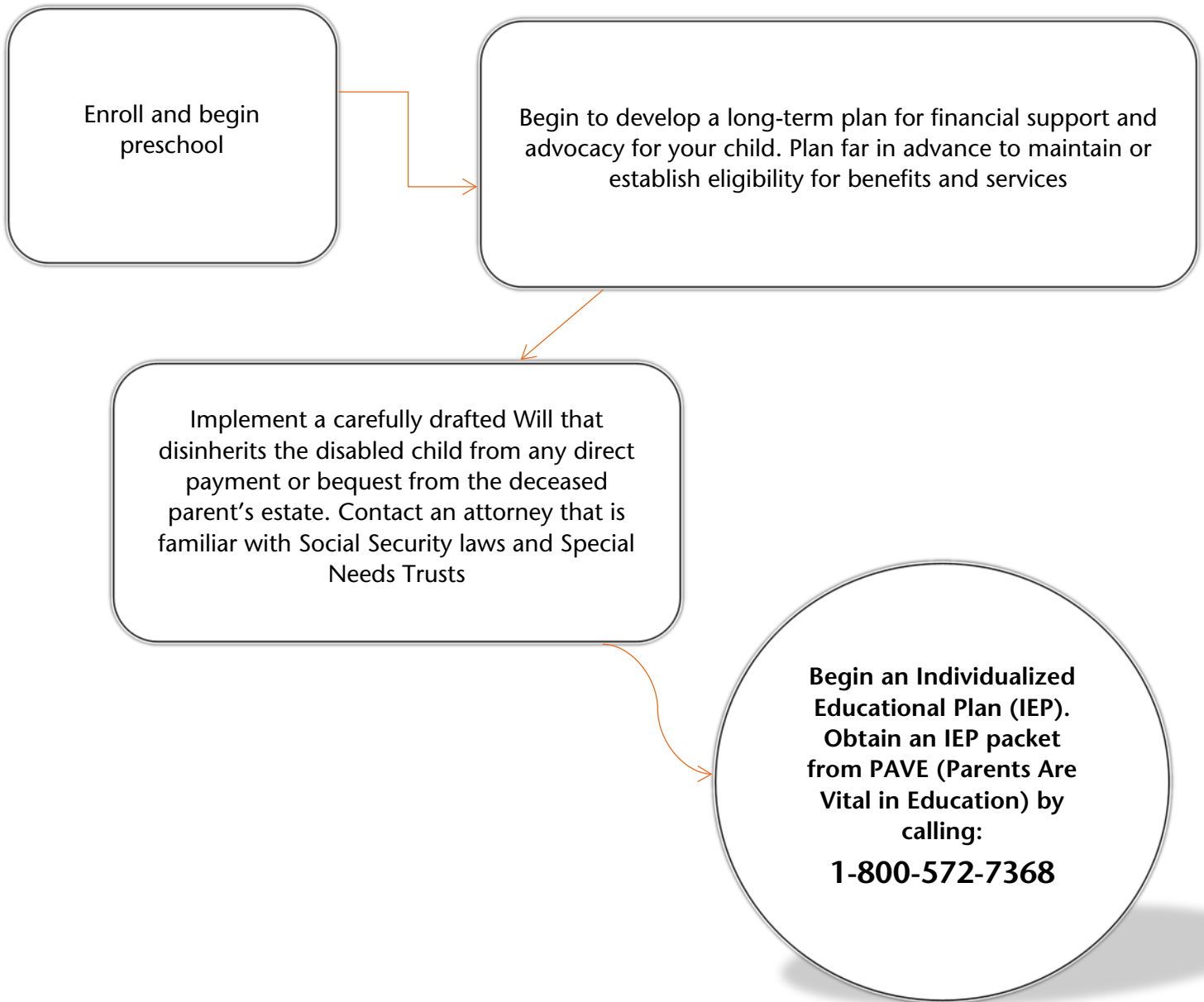
Parent and Child Interactions that Encourage Independence

- *Assign your child chores appropriate for his/her ability level*
 - *Allow your child to make choices when possible*
- *Begin teaching your child about his/her special health needs*
- *Begin teaching self-care skills: normal skills and those related to his/her special health care needs*
 - *Recognize the value of play*
- *Set limits to behavior; be firm and consistent. Realize that you will need constant repetition to enforce appropriate behaviors*
- *Love, liberal praise, respect, and infinite patience are essential in helping your child to develop to his/her fullest capacity*

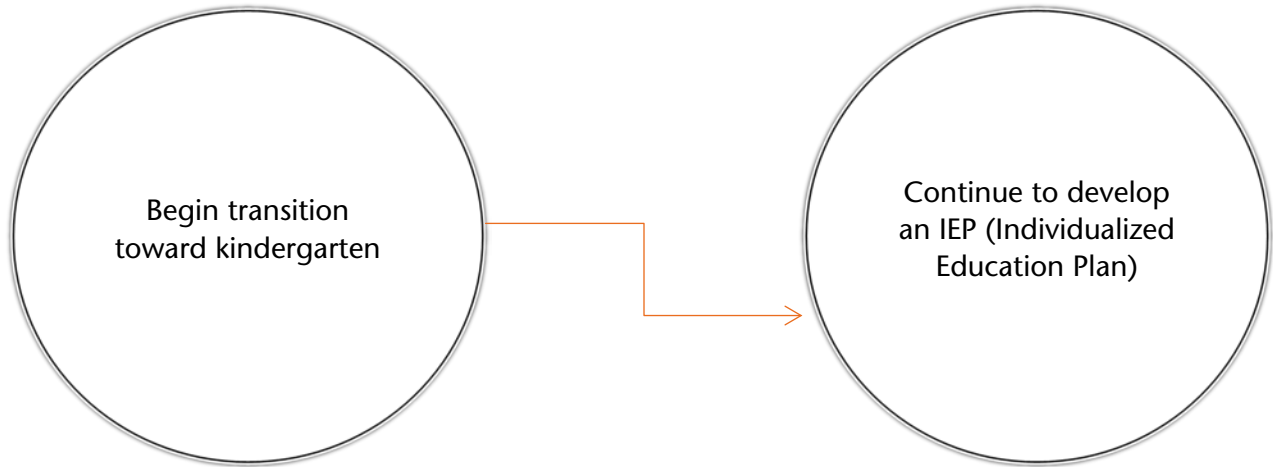
By Age 2



By Age 3



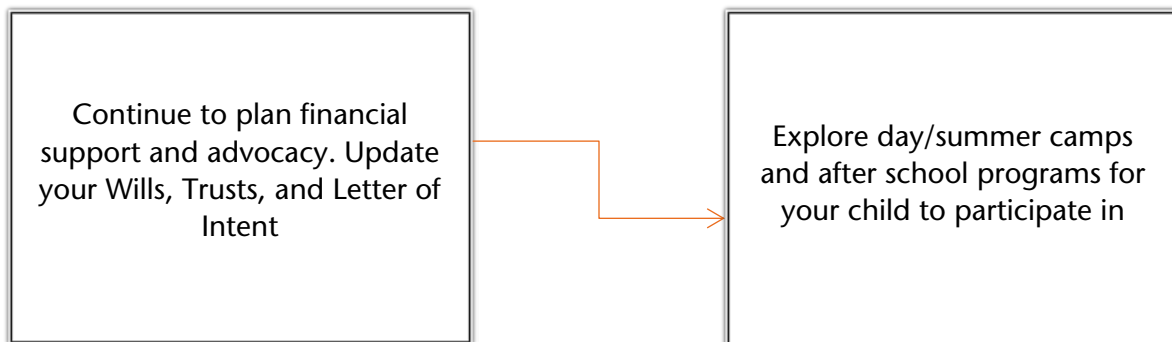
By Age 4



Timeline *6-11 Years*

- *Help your child interact directly with doctors, nurses, and therapists*
- *Assess and build on your child's perception and basic knowledge of his/her special health care needs*
 - *Continue teaching normal and special self and health care skills*
 - *Encourage hobbies and leisure activities*
 - *Offer choices to your child to develop decision-making skills*
 - *Continue assigning ability level appropriate chores*
- *Take your child shopping, whenever possible, so he/she can help in choices*
 - *Let your child choose how to spend some or all of his/her allowance*
 - *Teach your child the consequences of their behaviors and choices*
- *Allow your child to experience the consequences of a poor choice as well as a good one*
 - *Take your child to visit your place of work*
 - *Begin asking, "What will you do when you grow up?"*
- *Continue to set limits on behavior. Provide love and liberal praise when your child does well or gives true effort*

By Age 8



By Age 10

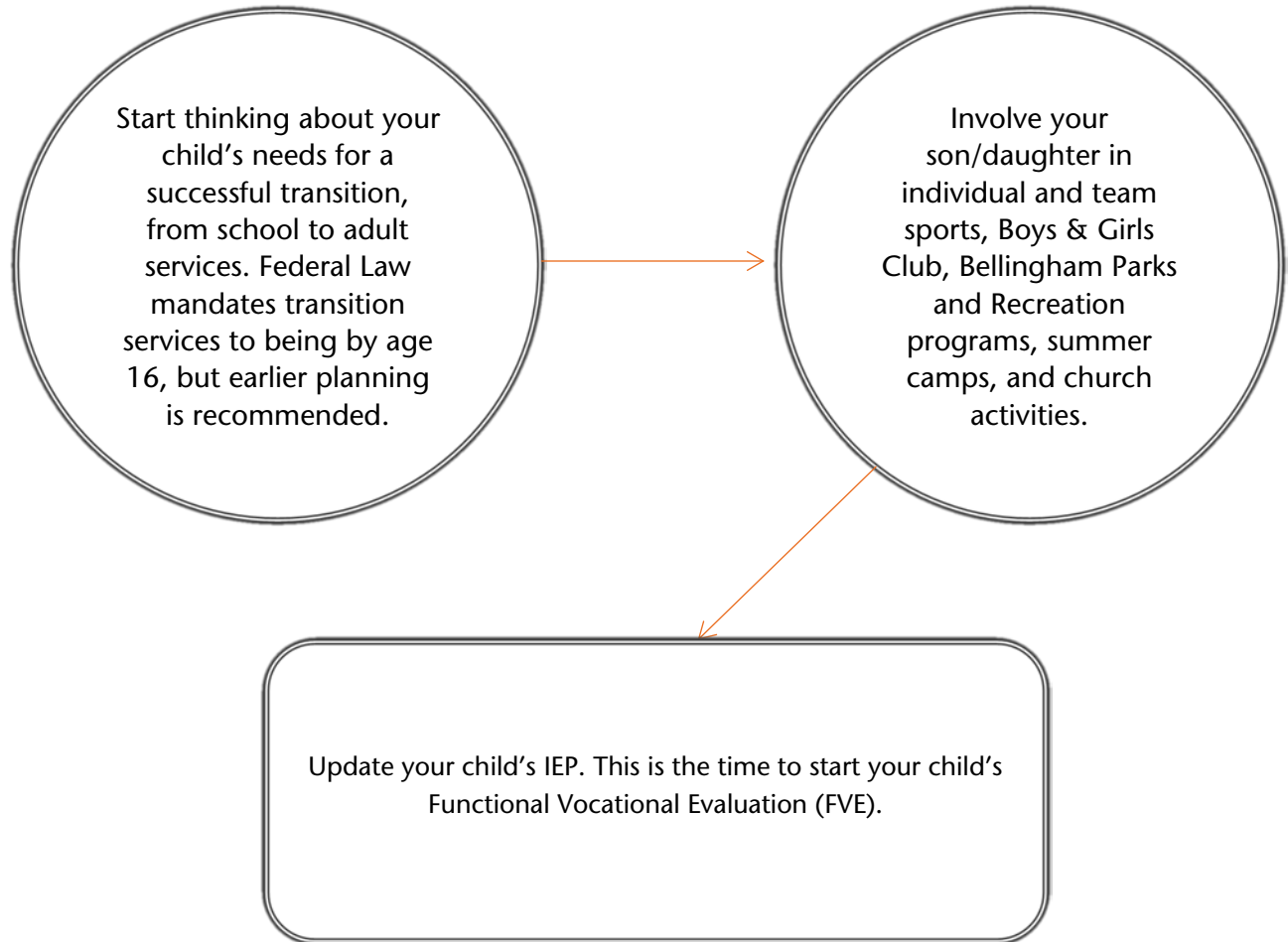
Enroll child in age appropriate clubs or groups (boy-scouts, campfire, boys & girls club, church groups).

Attend county Developmental Disabilities Advisory Board meetings. **Call (360)676-6724 for times and location.**

Timeline 12-15 Years

- *Explore avenues for socialization. Involve him/her in integrated and social activities. Avoid overprotecting your adolescent.*
- *Assess your teen's perception and basic knowledge of his/her special health care needs. Fill gaps in understanding.*
- *Continue teaching normal self-help skills as well as skills related to their special needs. Find opportunities for self-esteem training.*
 - *Discuss sexuality with your teen.*
 - *Help your teen identify and build on their strengths.*
 - *Explore and talk about possible career interests.*
- *Continue to allow your teen to help with family chores. Instill good work ethics.*
 - *Continue to encourage hobbies and leisure activities.*
- *Help your teen identify and be involved with adult or older teen role models.*
 - *Help your teen learn how to use the fixed route transit system.*

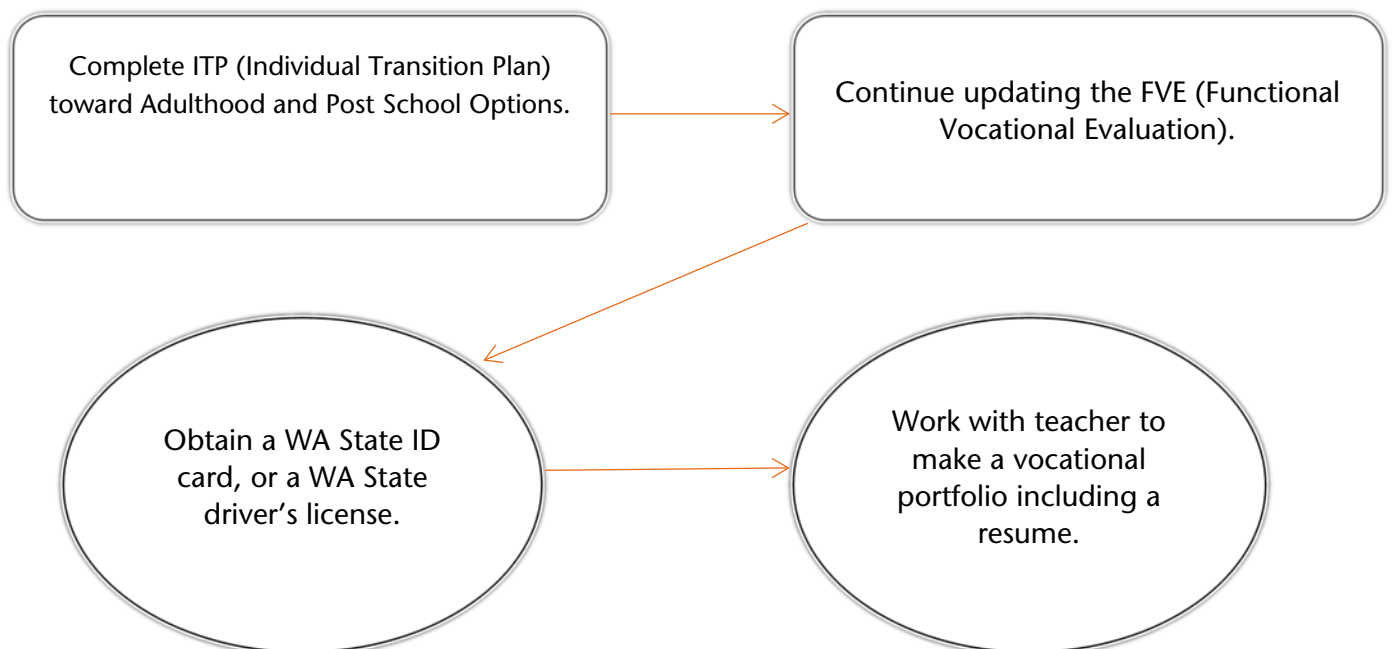
By Age 12-14



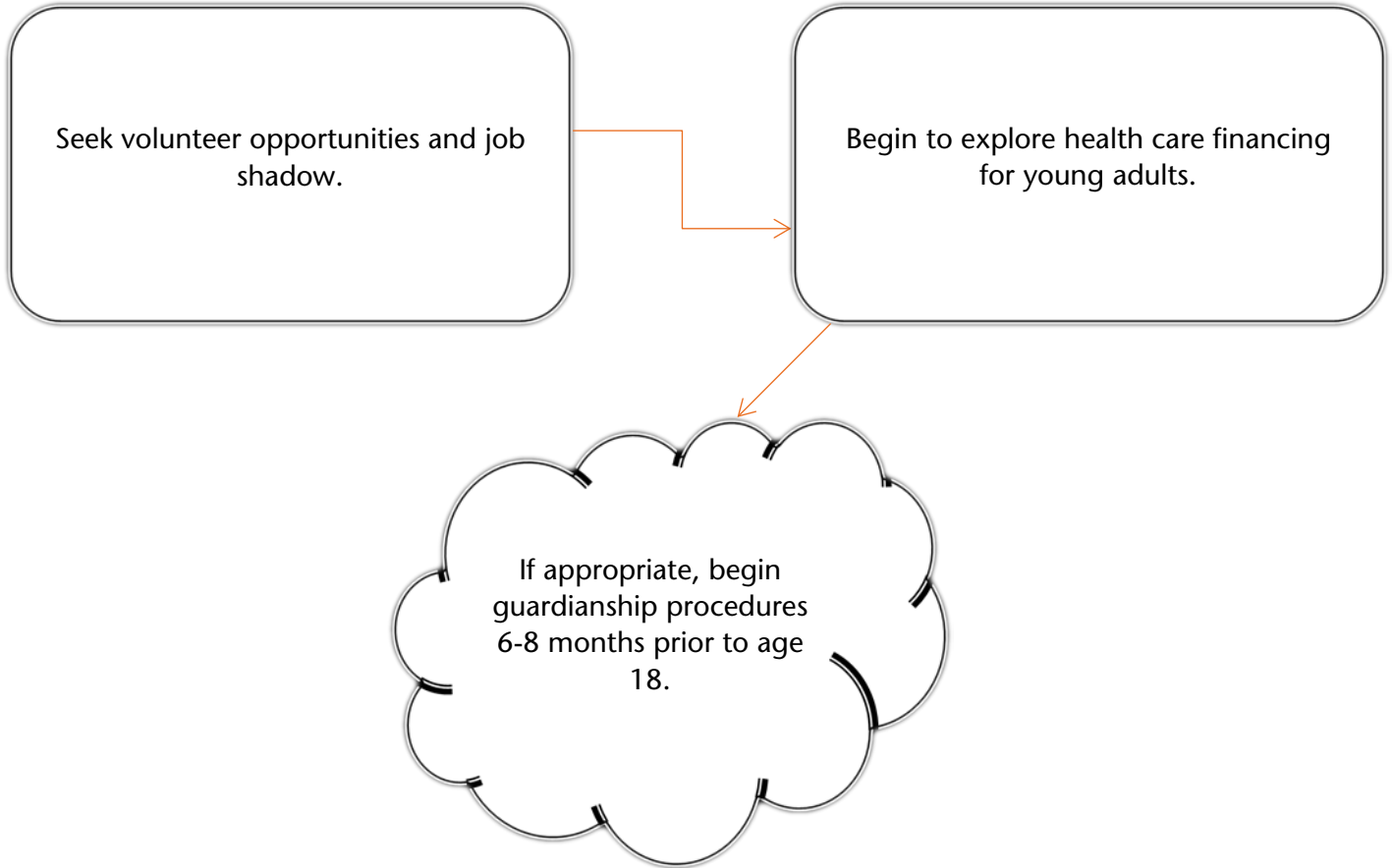
Timeline *16-18 Years*

- *Help your teen find work and volunteer activities*
 - *Increase the variety of household chores*
- *Continue to encourage hobbies and leisure activities*
- *Help your teen identify and be involved with adult or older teen role models*
- *Begin, with your teen, looking for an adult health care provider*
- *Explore the possible living arrangements with your son/daughter*
 - *Continue self-esteem training*
 - *Instill good work ethics*
- *Build community access and transportation skills including fixed transit routes*

By Age 16



By Age 17



By Age 18

