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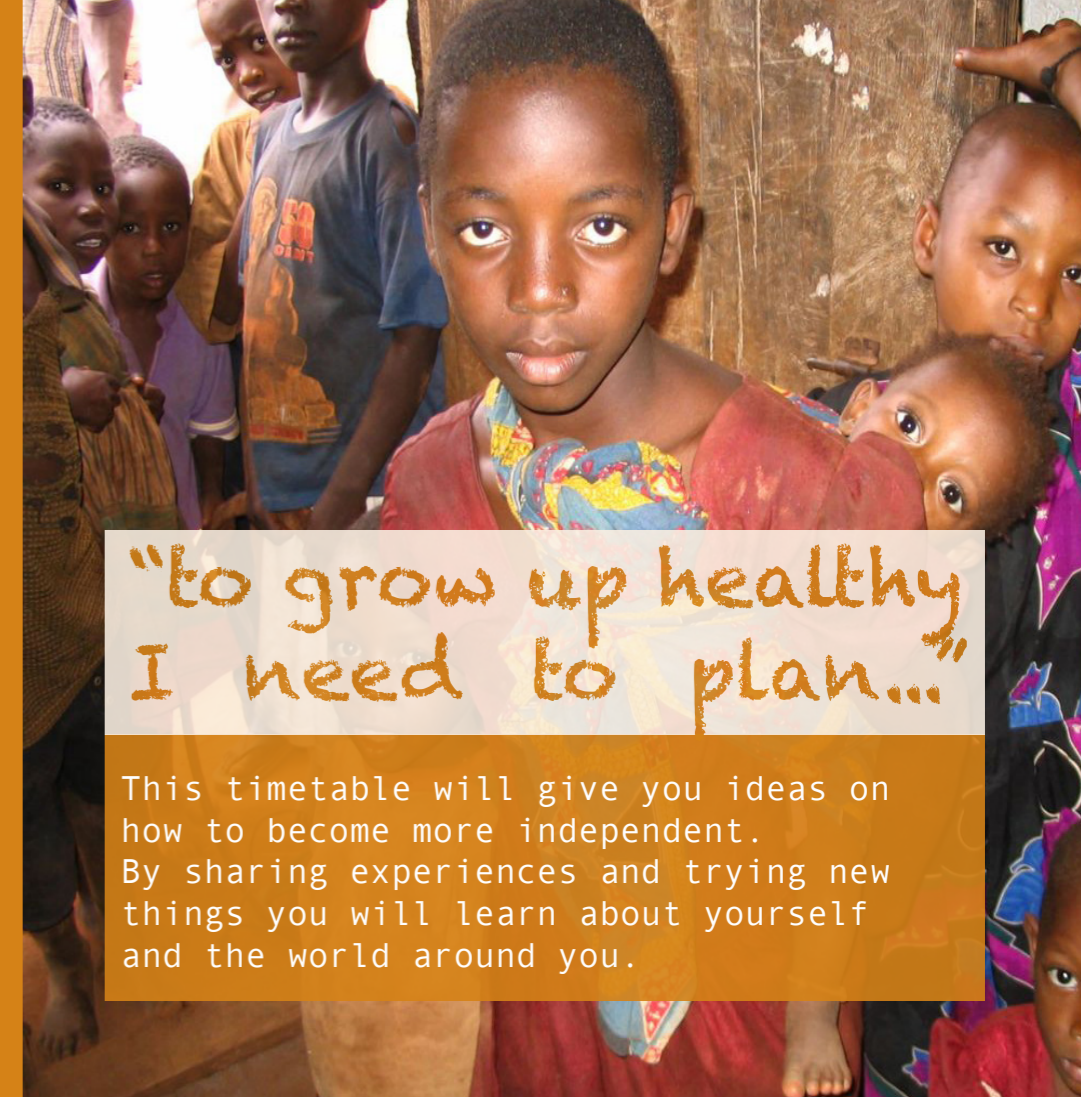
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These materials were adapted from Holland Bloorview Kids Rehabilitation Hospital's "Growing up Ready" materials.



"to grow up healthy I need to plan..."

This timetable will give you ideas on how to become more independent. By sharing experiences and trying new things you will learn about yourself and the world around you.

	INFANCY	CHILDHOOD	PRE-TEEN YEARS	ADOLESCENCE	ADULTHOOD
	love & care health & food mobility	know my body bowel & bladder continence skin care	friendship & fun school & life education	school & life education friendship & fun work & play	sexuality future & family planning adult rehab
medical	hope for the future be active in your child's care ask questions share your concerns find a doctor/ centre for care	teach your child about his/her disability talk to your child about his/her physical needs go for medical check- ups and follow ups!	do I understand my teacher? learn about puberty get information when there is a gap in knowledge ask questions when you don't know	start making your own appointments come to appointments with questions & concerns order your own medications and B&B equipment start looking for adult rehab services learn about sexuality & family planning	make your own appointments transfer to adult care if possible keep your own medical file
physical	mobility at home encourage developmental milestones ensure prevention and/or treatment for deformities find support from a Physiotherapist or Occupational Therapist	use physical exercises to strenghten his/ her physical abilities and avoid deformities find or invent mobility aids/orthesis encourage full use of physical abilities to be as mobile as possible encourage play and sports activities with peers	learn about your physical potential and use it for your mobility encourage physical exercises for strenghtening and prevention of deformities encourage use of orthesis and mobility aids	use your mobility aids/orthesis learn to do your regular exerices to remain as self-reliant as possible in mobility participate in play activities with peers use your physical skills to keep your mobility	regular exerices to remain as self-reliant as possible is a life-time job use your mobility aids, maintain them and visit your service provider when they are grown out or need repairs
self care	allow your child to feed itself check for insensitive skin (feet) keep child clean & dry take breaks from your baby start bladder and bowel care	teach healthy eating habits be vigilant about skin care (avoid early scarring) teach bladder & bowel care	cook together encourage skin care especially for your bottom learn life skills & how to manage money be fully in charge of bowel & bladder care if possible	be active & eat well do all your own skin & personal care learn to ask for support when you need it do all your own bowel & bladder care	your health care is a life-time job keep looking for opportunities to be healthy participate in your community activities join your SB&H parent support group
education	socialize with your baby find supportive families and friends join a local parents' group use community based rehabilitation workers	let your child make choices give your child chores get ready for school, find a school, educate the teachers how will your child get to school? what assistance will there be at school?	encourage hobbies encourage leisure, sports & friends do your own homework find your special talent seek advice if you need special support at school (special education teacher, devices, personal care)	learn to advocate for yourself get involved at school make friends plan for after high school find volunteering or part time work opportunities	keep in touch with friends turn off the TV & get involved practice independence, money management & other skills start your own youth group be a role model for parents & young children