# Guidance notes for Parent Contribution

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| **Age/Stage of Development** | **Employment/HE** | **Independent Living** | **Community Participation** | **Good Health** |
| **Early Years** **(Age 0-4)**  | * Adapting to new environments
* Playing with other children
* Following instructions (consider any sensory requirements)
* Real world play e.g. builder/nurse/doctor
 | * Feeding and drinking
* Toileting
* Getting dressed
* Making Choices
* Real-world play e.g. kitchens/DIY/cleaning
 | * Making friends
* Social interaction
* Visits / day trips
 | * Checks at births (hearing etc)
* Diet and food variety
* Immunisations
* 2-year-old development check
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| **Resources** | * [Children's Sleep Charity](https://www.thechildrenssleepcharity.org.uk/)
* [NHS - Sleep Problems in Young Children](https://www.nhs.uk/conditions/baby/health/sleep-problems-in-young-children/%C2%A0%C2%A0%C2%A0%C2%A0)
* ['I can...' Resource](https://ican.org.uk/i-cans-talking-point/professionals/tct-resources/%C2%A0)
 | * [Making it Personal - Guidance to Personal Budgets](https://www.kids.org.uk/pages/search.aspx?q=keeping%20it%20personal)
* [Integrated Personal Commissioning](https://www.england.nhs.uk/ipc/)
* [NHS England: What is integrated care?](https://www.england.nhs.uk/integratedcare/what-is-integrated-care/)
 | * [Local Offer Guide](https://www.preparingforadulthood.org.uk/downloads/local-offer/developing-the-preparation-for-adulthood-section-of-the-local-offer.htm)
* [Down's Syndrome - PFA](https://www.downs-syndrome.org.uk/wp-content/uploads/2021/04/Planning-for-adulthood.pdf%20)
 | * [PFA Self-Evaluation Tool](https://www.preparingforadulthood.org.uk/downloads/pfa-self-evaluation-tool%20)
* [Down's Syndrome Health and Well-Being Guidance](https://www.downs-syndrome.org.uk/about-downs-syndrome/health-and-wellbeing/)
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| **Primary****EYFS- KS1: Reception to Year 2****(Age 5-7)** | * Asking ‘what do you want to be when you grow up?’
* Meeting role models
* Numeracy
* Real-world visits, e.g. fire stations, farms etc
 | * Washing/brushing teeth
* Telling the time
* Paying in shops (with support)
 | * Developing teamwork skills
* Developing friendship groups
* After school clubs
* Weekend activities
 | * Child obesity checks
* Making healthy food choices
* Dentist checks
* School visits
* Immunisations
* Physical exercise opportunities
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| **Resources** | * [Aspirations for Life - employment posters](https://www.base-uk.org/knowledge/afl)
* [Employment Video Case Studies](https://www.preparingforadulthood.org.uk/search/employment%20video)
 | * [Making it Personal - Guidance to Personal Budgets](https://www.kids.org.uk/pages/search.aspx?q=keeping%20it%20personal)
* [NHS England: What is integrated care?](https://www.england.nhs.uk/integratedcare/what-is-integrated-care/)
* [Integrated Personal Commissioning](https://www.england.nhs.uk/ipc/)
 | * [Local Offer Guide](https://www.preparingforadulthood.org.uk/downloads/local-offer/developing-the-preparation-for-adulthood-section-of-the-local-offer.htm)
* [Down's Syndrome - PFA](https://www.downs-syndrome.org.uk/wp-content/uploads/2021/04/Planning-for-adulthood.pdf%20)
 | * [PFA Self-Evaluation Tool](https://www.preparingforadulthood.org.uk/downloads/pfa-self-evaluation-tool%20)
* [Down's Syndrome Health and Well-Being Guidance](https://www.downs-syndrome.org.uk/about-downs-syndrome/health-and-wellbeing/)
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| **Primary****KS2: Year 3-6****(Age 8-11)** | * Talking about different careers and high education options
* Access to career related models
* Starting to build a personal vocational profile of interesting ambitions
* School visitors linked to careers
 | * Sleep-overs and residential trips
* Learning to cook (home/school)
* Understanding money, e.g. paying for their own snacks
* Moving around school independently
* Shopping
* Developing independent travel, e.g. walking short distances alone, transport and road signs
 | * Youth and after-school clubs
* Knowing the local area
* Walking short distances alone
* Managing change
* E-safety
* Friendships and understanding bullying
 | * Managing minor health needs, e.g. asthma
* Starting puberty and immunisations
* Obesity checks
* Articulating pain/communicating about health problems
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| **Resources** | * [Aspirations for Life - employment posters](https://www.base-uk.org/knowledge/afl)
* [Employment Video Case Studies](https://www.preparingforadulthood.org.uk/search/employment%20video)
 | * [Making it Personal - Guidance to Personal Budgets](https://www.kids.org.uk/pages/search.aspx?q=keeping%20it%20personal)
* [Integrated Personal Commissioning](https://www.england.nhs.uk/ipc/)
* [NHS England: What is integrated care?](https://www.england.nhs.uk/integratedcare/what-is-integrated-care/)

  | * [Local Offer Guide](https://www.preparingforadulthood.org.uk/downloads/local-offer/developing-the-preparation-for-adulthood-section-of-the-local-offer.htm)
* [Down's Syndrome - PFA](https://www.downs-syndrome.org.uk/wp-content/uploads/2021/04/Planning-for-adulthood.pdf%20)
 | * [PFA Self-Evaluation Tool](https://www.preparingforadulthood.org.uk/downloads/pfa-self-evaluation-tool%20)
* [Personal Health Budgets](https://www.england.nhs.uk/personal-health-budgets/personal-health-budgets-for-children-young-people-and-families/)
* [Down's Syndrome Health and Well-Being Guidance](https://www.downs-syndrome.org.uk/about-downs-syndrome/health-and-wellbeing/)
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