

Birth to 18 Years Skills List

Birth to 3 Years

General

- Cuddle, smile, sing and play with your child
- Give your child choices
- Apply for special funding/drug plan if required

Social/Physical

- Read, sing and talk to your child
- Let your child interact with other children to encourage social and language skills
- Take your child to libraries, playgrounds, parks and playgroups
- Your child should accumulate at least 180 minutes of physical activity at any intensity spread throughout the day including:
 - A variety of different activities in different environments
 - Activities that develop movement skills
- For those under 2 years of age, screen time (e.g. TV, computer/electronic games) is not recommended
- For children 2-4 years, screen time should be limited to under one hour per day and less is better

Self-Care

- Expose your child to different types of activities and environments
- Teach your child daily skills, such as eating, hand washing, brushing teeth and dressing
- Ensure your child is getting enough sleep each night
- 1-2 months: 10.5-18 hours/day
- 3-11 months: 9-12 hours/day
- 1-3 years: 12-14 hours/day
- Role model choosing Food Guide foods 80% of the time
- Establish a regular meal and snack schedule
- Share family meals at the table with no screens

Education

- When reading to your child let him select the books
- Teach your child letters, numbers, colors, animal sounds and body parts

Medical

- Develop good relationships with the healthcare team
- Keep a record of your child's medical history, medication and immunizations
- Develop a routine to give medication
- Praise your child for taking medication
- Discuss medicine problems with your healthcare team
- Think about with whom you need to share your child's medical information
- Be honest when explaining a procedure even if it might hurt
- Create a My Health Passport

4 – 9 Years

General

- Teach your child to speak up and to express wants and needs
- Help your child recognize special talents and interests
- Teach your child about good touch/bad touch
- Teach your child consequences of behavior

Social/Physical

- Expose your child to a variety of activities such as going to the library, playing sports or music
- Recognize and encourage your child's increasing need for independence
- Gradually assign your child more responsibility at home
- Your child should accumulate at least 60 minutes of moderate to vigorous intensity physical activity daily (the type of activity that makes you breathe harder and start to sweat)
- Limit your child to no more than 2 hours per day of recreational screen time (e.g. TV, computer, electronic games) and limit sedentary (motorized) transport, extended sitting and time spent indoors throughout the day

Self-Care

- Teach your child personal information including address, phone number and how to call 911
- Ensure your child is getting enough sleep each night
- 4-5 years: 11-13 hours/day

- 6-9 years: 10-11 hours/day
- Role model choosing Food Guide foods 80% of the time
- Encourage your child to participate in meal planning and preparation
- Share family meals at the table with no screens on

Education

- Practice how to read and spell with your child
- Support your child by helping with homework when asked
- Get involved with your child's school

Medical

- Answer your child's questions about health truthfully with age appropriate information (talk with your healthcare team for strategies)
- Continue to praise your child for taking medicines
- Implement a reward system if your child is having difficulty with taking medicines
- Talk about medical issues with your child (identify safe and comfortable places to discuss)
- Continue to think about who you need to share your child's health information with
- Create a My Health Passport

10 – 12 Years

General

- Talk to your child about healthy eating, physical activity and other healthy lifestyle choices, including the dangers of drug and alcohol use
- Increase responsibility for household chores such as tidying room, cleaning dishes

Social/Physical

- Encourage your child to have social and recreational time with friends (e.g. hobbies, leisure and physical activities)
- Support your child's participation in community activities without parents where possible
- Your child should accumulate at least 60 minutes of moderate to vigorous intensity physical activity daily (the type of activity that makes you breathe harder and start to sweat)
- Limit your child to no more than 2 hours per day of recreational screen time (e.g. TV, computer, electronic games) and limit sedentary (motorized) transport, extended sitting and time spent indoors throughout the day

Self-Care

- Teach your child good grooming and hygiene routines
- Encourage your child to choose his own clothes when shopping and dressing
- Ensure your child is getting 10-12 hours of enough sleep each night
- Role model choosing Food Guide foods 80% of the time
- Encourage your child to participate in meal planning and preparation
- Share family meals at the table with no screens on

Education

- Talk with your child about how friends can have a positive or negative influence
- Ask your child what he wants to be when he grows up
- Continue to be involved in your child's school and attend parent-teacher meetings
- Encourage your child to be responsible for homework and ask for help when necessary

Medical

- Teach your child the names of his medicines
- Encourage your child to take medicines with your supervision
- Praise your child for taking medicines on time
- Work with your healthcare team to inform your child about his health condition
- Encourage your child to ask questions and provide your child with hopeful information for the future
- Continue to teach your child about the privacy of health information and with whom to discuss
- Create a My Health Passport

13 - 15 Years

General

- Discuss dating and relationships with someone you trust, such as a parent, friends or your health-care team
- Learn how to express your thoughts and questions with your healthcare team

Social/Physical

- Be involved in teams, clubs and activities in and outside of school
- Join support groups at your clinic
- Spend time with friends who treat you with respect and who you can trust.
- Talk to someone you trust with important issues such as puberty, dating, sex, smoking, drugs and alcohol

- Talk to your healthcare team about questions related to marriage/partnerships and having children
- You should accumulate at least 60 minutes of moderate to vigorous intensity physical activity daily (the type of activity that makes you breathe harder and start to sweat)
- Limit yourself to no more than 2 hours per day of recreational screen time (e.g. TV, computer, electronic games) and limit sedentary (motorized) transport, extended sitting and time spent indoors throughout the day

Self-Care

- Set up your own routines such as taking medicines and telling your parents when you are running out
- Learn how to do your own laundry and keep your room clean
- Learn how to get around on public transportation independently
- Ensure you are getting 8.5-9.25 hours of sleep each night
- Choose Food Guide foods 80% of the time
- Learn how to plan and prepare healthy meals (include 3-4 food groups) and snacks (include 2-3 food groups)
- Share family meals at the table with no screens on

Education

- Plan ahead for missed school work when visiting the clinic
- Talk about career interests and begin to set goals for working, attending college or university
- Find volunteer activities or a part-time job to help increase your independence

Medical

- Spend part of your medical visit alone with your healthcare team
- Increase your knowledge about your medicines (e.g. how they work, their side effects, what happens if you miss a dose, what happens when they are mixed with drugs or alcohol)
- Learn how infectious diseases can be passed on and how to protect yourself and others from infections and pregnancy
- Talk to your healthcare team about with whom you need to share your medical information
- Discuss getting ready to move to adult healthcare before you turn 18 years old
- Create a My Health Passport

16 Years and up

General

- Review and build on tips listed above for 13-15 years old

- Begin to think of yourself as a role model
- Discuss dating and relationship with someone you trust

Social/Physical

- Participate in community programs for young adults that match your interests
- Keep in touch with friends from high school, camps and the clinic
- Maintain physical fitness with regular exercise and a healthy diet
- You should accumulate at least 60 minutes of moderate to vigorous intensity physical activity daily (the type of activity that makes you breathe harder and start to sweat)
- Limit yourself to no more than 2 hours per day of recreational screen time (e.g. TV, computer, electronic games) and limit sedentary (motorized) transport, extended sitting and time spent indoors throughout the day

Self-Care

- Ensure you are getting 8.5-9.25 hours of sleep each night
- Choose Food Guide foods 80% of the time
- Plan and prepare healthy meals (include 3-4 food groups) and snacks (include 2-3 food groups)
- Practice budgeting and banking skills
- Discuss how to develop positive ways to deal with stress and how to get support from community resources
- Share family meals and meals with friends at the table with no screens on

Education

- Plan for college, university or entering the workforce after high school
- Research your medical condition and learn how to find accurate information with help from your healthcare team

Medical

- Attend medical visits independently
- Get a summary of your medical history and make a binder
- Discuss your choices for an adult clinic with your health-care team
- Make contact with others who have already graduated to adult clinics
- Learn more about your medicines and be responsible for taking them
- Call to book or cancel your own clinic appointment
- Create a My Health Passport