# 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 |
| **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/    ) * ['I can...' Resource](https://ican.org.uk/i-cans-talking-point/professionals/tct-resources/ ) | * [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/) |
| **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 |
| **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/) |
| **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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