

FOR MUMS AND DADS

Are you wanting to take your children to different places and events, but feel worried about what other people will say, or how they will act towards you and your child? This is not fair and you shouldn't be made to feel this way.

We all deserve to feel included, but sadly this does not always happen. I know how much it hurts. But don't let a past bad experience or fear of the unknown stop you from creating wonderful memories with your child.

Below are some tips and strategies I've found helpful in building up confidence to try new things and enjoy everyday outings more. I hope they help you and your child get out and experience all the wonderful activities and opportunities that are available.

1 > Make a list of all the things you would love to do with your child/children such as:

- ▶ Group activities
- ▶ Social events
- ▶ Sporting activities

2 > List all the places you would love to take your child/children such as:

- ▶ Concerts
- ▶ Movies
- ▶ Theatre
- ▶ Shopping trips
- ▶ Visits with friends.

3 > Is mainstream schooling something you would like to attempt with your child/children? If so:

- ▶ Have you approached a school?
- ▶ Make a list of questions you may have for them
- ▶ List the benefits you see for your child if they were to attend a mainstream school.

4 > List all the things that are currently holding you back. Your list may include:

- ▶ Fear of exclusion by others
- ▶ Fear of your child/children not behaving as others think they should
- ▶ Fear of your child/children absconding.

> Here are some further tips that can help you feel confident to take the first steps:

Take your child to watch the sport you think they may be interested in before registering them to play

Attempt a 'come and try day' with sports

Take your support worker with you to help

Take a friend or family member along to help

Try shorter outings first and then slowly increase the time.



**If you have a question, or would like to arrange one to one guidance and support, please contact Julie at Ups & Downs Advocacy and Family Support Services
upsanddowns1234@outlook.com**