

# Promoting Quality of Life

Child's name: \_\_\_\_\_

Date: \_\_\_\_\_

Caregiver name: \_\_\_\_\_

Relation to child: \_\_\_\_\_

	<b>How can you promote quality of life?</b>	<b>Specific examples for your child</b>
<b>Coordination Differences</b>	Focus on a child's ability to accomplish a task and realize a goal rather than on differences in how they complete a task.	
<b>Play</b>	Foster children's play with peers. Adapt play to facilitate participation and ensure safety. Explain "play differences" to peers. Promote fun over achievement.	
<b>Self-Care Activities</b>	Adapt self-care activities. Provide more time for eating or provide easy to open food containers. Plan more time for dressing routines and/or provide easy to manage clothing (e.g. shoes with Velcro, sweat pants instead of jeans).	
<b>Academic Performance</b>	Focus on the goal of the activity rather than on the method (e.g. if correct spelling is the goal, use "scrabble tiles" instead of asking the child to print). Adjust expectations and workload as needed.	
<b>Participation</b>	Encourage participation in sports and leisure activities. Promote fun over performance. If some team or ball sports are too challenging, suggest individual, repetitive sports like cycling or swimming to maintain fitness, and find other leisure opportunities to promote interactions with peers.	
<b>Peer Relations</b>	Foster positive interactions with peers by explaining coordination differences. Build on strengths of the child and provide opportunities for them to "shine" with peers (e.g. having the child read in front of the class or participating in a theatre group).	
<b>Self-Perceptions</b>	Focus on children's successes. Encourage them, make them proud of their improvements and celebrate accomplishments. Foster the development of a positive self-image.	
<b>Emotional Health</b>	Provide opportunities for the child to express his feelings. Look for solutions, encourage, support - and seek external support as needed.	

Physiotherapist's name: \_\_\_\_\_

Contact information: \_\_\_\_\_