

# Participation checklist

This checklist is designed to be completed by families so community activity providers can better understand the participation needs of your child.

*Child's name:*

*Activity:*

*What I'm interested in:*

*What I'm good at:*

**What I might need some help with:**

- Physically accessing the activity
- Beginning a new activity
- Being with a new group of people
- Communicating with others
- Leaving my parent/caregiver to be in the group
- Communicating with others
- Understanding instructions
- Following instructions
- Paying attention
- Coordinating movements when learning a new skill
- Becoming frustrated when learning something new
- Coping with the sensory input in the environment
- Moving from one activity to the next
- Finishing an activity
- Other:

**It might be easier if:**

- The activity is physically accessible
- I can meet the with the coach/team prior to the first session
- I can come and watch first before I join in
- I can have a photo of the coach/team/venue before I join
- You know how I communicate (eg key word sign)
- Visuals are used to help me understand what will happen
- Instructions are short and simple
- The activity is broken down into small steps and taught one step at a time
- I can have extra time to understand and respond to what you have said
- I can have extra time to complete the activity/ skill
- The activity/skill is 'shown' as well as 'explained'
- I can have a break during the activity
- There is a quiet place I can go if things become overwhelming
- I only need to stay/ participate for a shorter length of time
- I can be in a smaller group/ class
- I can have more room to move around
- The activity is modified/ adapted. Please explain:
- Other:

If you would like more information about community inclusion, we have developed a series of factsheets and checklists for families and communities.

These can be found at:

<http://www.directory.byronearlyintervention.org.au/>

We recommend reading the *Shaping Outcomes Participation guide* and *Participation tips*.



## Shaping Outcomes

early childhood intervention service

> because we can