

Ways you can help kids and youth with disabilities reach their goals

Recognize

kids and youth with disabilities can help YOU grow.

Understand

that part of your role may involve developing new skills to better support and advocate for your child.

Support

kids and youth with disabilities in identifying and reaching THEIR life goals.

Encourage

kids and youth with disabilities to participate in recreation, work, or volunteer activities to help them build friendships and life experiences.

Celebrate

our differences!

ONLINE RESOURCES

- Care for the caregiver hub
- Online resource centre
- Workshop calendar
- Community programs

Expect a lot

from kids and youth with disabilities when helping them create good lives.

Assist

kids and youth with disabilities in taking calculated risks to achieve their goals.

Help

kids and youth learn how to communicate with others about their disability and advocate for their needs and goals when they choose.

Discourage

stigmatizing kids and youth with different types of disabilities than your child.

Appreciate

that goals can change or be adapted over time and that is okay.

Build

on your child's strengths and goals rather than focusing exclusively on disability.

Nurture

and develop social networks with people who have common interests and who can be allies to your family.



Holland Bloorview Kids Rehabilitation Hospital believes in creating a world where every child and youth belongs. In partnership with our clients and families, we call on everybody to take action to end stigma of children and youth with disabilities.

Each person with a disability is unique and some of these actions may need to be adjusted to best support individual needs and wants.