

Suggestions for Children with Disabilities

Children with disabilities

It is common to feel apprehension about working with children with disabilities if you have had little or no experience in doing so. Including children with disabilities is not difficult however it requires enthusiasm and understanding. The important thing to keep in mind is that every child has the right to be involved in sport, especially a sport like Touch Football and the AusTouch program.

Here are a few suggestions when working with children with disabilities:

- Encourage the carer/parent to be involved and assist in activities and be responsible for the needs of the child
- Every child is unique
- People with disabilities are no different. All have the same needs and require the same opportunities as everyone else
- Work with what the child CAN do and if you are not sure ask them or their parent / carer
- Introduce the child to the group
- Youngsters with disability must be seen as a person first. Note that the similarities to their peers should be highlighted, not the differences
- Simple adaptations or modifications of activities will allow greater participation by all. Every effort should be made to keep the activities as true to form as possible.
- Any changes should be viewed as temporary, working towards, where possible, the original activity. If changes do not work, try another.
- Wherever possible have the child participating in all aspects of the session activities
- Check the needs and abilities of the children
- Provide activities where children can succeed and develop self-esteem

To ensure you are being inclusive it is suggested that you find out more information about their specific disability or get more information on how to conduct sessions that are inclusive. As a starting point visit the Australian Sports Commission website at www.ausport.gov.au/dsu/index This links with related information and courses you can undertake in your own state/territory.

**Remember all children must be encouraged to participate in all activities
- People First, Disability Second**