



Ages 10 – 13

Family Guide For Vocational Training

At ages 10-13, the foundation is being laid for work skills. There are many opportunities for independence, working on negotiation, choice-making, decision-making, and opportunities to take responsibility. While there will still need to be much support, your child can work to make more decisions and take increasing responsibility to initiate chores, daily living skills, and other activities. Checklists and other items can be put into place to help with this increased independent activity.

10-13	Themes	Examples
Explore jobs & careers	• Talk about potential future vocations	<ul style="list-style-type: none"> • Explore job postings with your child. Talk about the activities that correspond to specific jobs. • Start a vocational scrapbook with pictures or information about jobs that are of interest to your child.
	• Involvement in community activities	<ul style="list-style-type: none"> • Youth groups, camps, and inclusive programs (not just specialized programs). • Parks and recreation, library. • Team sports and group activities. • Support your child to engage in volunteer or social service activities through a community group or your faith community.
Understand preferences	• Identify your child’s preferences and strengths	<ul style="list-style-type: none"> • Note potential job skills (e.g., computers, social skills, attention to details, etc.). • Note favored people and identify what works well in these relationships.
Improve work skills	• Use items that might be encountered in the workplace	<ul style="list-style-type: none"> • Visuals. • Schedules, telephone, computer.
	• Increase responsibility with chores/homework	• Think about chores that cover a variety of skills and environments.
	• Social skill building	<ul style="list-style-type: none"> • How to ask for help. • Encourage communication with doctors, sales people.
	• Incentives for work	<ul style="list-style-type: none"> • Encourage your child with specific feedback. • Praise and name the behavior.
	• Encourage the development of work skills through everyday opportunities	<ul style="list-style-type: none"> • Take messages, answer the phone. • Make a list.
	• Encourage your child to make decisions and increase autonomy	<ul style="list-style-type: none"> • Pick out clothing, hair styles. • Plan meals. • Choose room decorations and arrangements.
Partnerships	<ul style="list-style-type: none"> • School and home collaboration – share information related to your child’s interests, preferences, and what others can do to help your child to be successful. • Introduce your child to accommodations and services in the community (e.g., transportation services). 	