

# Helping your child navigate the world around them



My Life Skills

# Get your child moving in the right direction

While sighted children typically learn about things like movement and direction from watching others, children with a vision impairment often need a little extra help.

## Mobility skills

Also known as 'habilitation', Guide Dogs provides support to help children move around safely and confidently. We can help teach them skills like:

- understanding how body parts move
- posture and walking style, how to skip or run
- spatial concepts and orientation
- listening skills and identifying sounds
- cane skills and navigating a new place
- learning road safety and using public transport.

## Life skills

We can also give children and young people the tools and support to manage their lives with assurance and independence, including:

- organisational skills
- kitchen skills
- social skills
- personal care skills
- money management and shopping skills
- personal safety
- help getting to know new places and managing life changes, like moving up to secondary school
- help finding other useful agencies and groups.

**We believe that vision impairment shouldn't prevent children and young people reaching their full potential.**

“

I was really shy and didn't go out because I kept falling. Guide Dogs gave me my cane, and the skills and confidence to get about – and now it feels like I have my life back. I can go out and get a coffee with my friends.

”

Mia (age 14)



# Life skills for all

**My Life Skills is a service designed to help children and young people navigate the world around them, in the best ways they can.**

## **For babies**

From day one, our specialist support helps stimulate movement through play and games, helping your baby reach key developmental milestones.

## **For children**

We help your child learn how to explore the world, developing their confidence and independence.

## **For teenagers**

We enable teens to develop the more advanced social and life skills they need to reach their full potential as adults, and live the life they choose.

## **For parents and carers**

We offer training and information to help you provide the right level of support for your child, and Parent Guidance Days where you can meet other parents in similar situations.

## **We're here for you whenever you need us.**

Guide Dogs has a range of services and resources, especially for children, young people and their families.



**0800 781 1444**  
**children@guidedogs.org.uk**  
**guidedogs.org.uk/mobility**