

## Anna's Keynote Fact Sheet

Chores Children Can Do by Age	Erikson's Levels of Development	Helping Heart Children Transition from Child to Adult
<p><b>Birth - 2</b></p> <p>A child's only "chore" at this age is to be a baby. Their "responsibility" is to eat, make dirty diapers and challenge you as a parent constantly. They will also be making you doubt yourself and your ability to care for this unique person. That's their "job."</p>	<p><b>Birth - 12 Months</b></p> <p>Trust vs. Mistrust</p> <p>Babies will not let mother (or major caregiver) out of sight without anxiety and rage because they are developing a sense of trust and predictability. The main question the baby needs answered is: Is my environment trustworthy or not?</p> <p>If baby receives care, she learns to trust and have hope.</p>	<p><b>Birth - 2</b></p> <p>Of vital importance are:</p> <ul style="list-style-type: none"> <li>Showing baby love and care</li> <li>Taking baby to the doctor when care is needed</li> <li>Giving baby medicines when needed</li> <li>Feeding baby</li> <li>Talking to baby</li> <li>Making sure baby is developing properly</li> <li>Taking care of Mom, Dad and other children</li> <li>Putting a Medic Alert tag or some medical information on the baby's diaper bag</li> </ul>
<p><b>Ages 2-3</b></p> <ul style="list-style-type: none"> <li>Help make the bed</li> <li>Pick up toys and books</li> <li>Put clothes in the hamper</li> <li>Take own laundry to the laundry room</li> <li>Pick out clothes</li> <li>Help sort clean socks</li> <li>Help water plants</li> <li>Help feed pets</li> <li>Help wipe up messes</li> <li>Dust with socks on their hands</li> </ul>	<p><b>Ages 1-3</b></p> <p>Autonomy vs. Shame/Doubt</p> <p>Very young children, if denied independence, will learn shame and doubt. Children are learning many physical skills (walking, grasping, toilet training). The main question to answer at this stage is: Do I need help from others or not?</p> <p>If very young children are given chances to become independent and self-reliant, they will feel less doubt and shame about themselves.</p>	<p><b>Ages 2-3</b></p> <p>Toddlers are able to understand more. To help them transition, you must:</p> <ul style="list-style-type: none"> <li>Talk about everything going on ("We're going to the doctor today. Here's your medicine. This is your blanket.")</li> </ul> <p>Act matter-of-fact about your child's condition and things associated with the heart defect -- don't make a big deal about doctor's appointments, medicine or hospitalizations and your child won't think much about it.</p>
<p><b>Ages 4-5</b></p> <ul style="list-style-type: none"> <li>Clear and set the table</li> <li>Help out in cooking and preparing food</li> <li>Help put clean dishes away (plastic)</li> <li>Dust</li> <li>Carrying and putting away groceries</li> <li>Bring in the mail</li> <li>Help gather trash on trash days</li> <li>Help put things where they go (aside from just a toy box)</li> <li>Clean spills</li> <li>Get dressed</li> <li>Empty wastebasket</li> <li>Fix bowl of cereal; get a snack</li> <li>Make bed</li> </ul>	<p><b>Ages 3-5</b></p> <p>Initiatives vs. Guilt</p> <p>Young children continue to learn to become independent and begin to learn how to take the initiative to do something and to see something through from beginning to end. Children can develop feelings of guilt when their actions do not produce the desired results. The main question is: How moral am I?</p> <p>If young children are encouraged to try new things and not severely punished for making mistakes, they are less likely to feel guilty and fear becoming independent.</p>	<p><b>Ages 4-5</b></p> <p>By this age children should know they have a heart defect. They may not know the name of it yet, but you can talk to them about it. They should know that they can still do things and they should be treated like any other child -- especially like brothers and sisters. Children at this age should be disciplined like their siblings and should also have the same expectations as any other child.</p> <p>At this age, children can wear a Medic Alert bracelet or sportsband. They should know that they take medicine and you can start explaining what it's for in very simple terms (for your heart (Digoxin), to make your blood thin (aspirin), to make your heart work better (Enalapril))</p> <p>Don't put limitations on heart children unless their doctors say they must have them. Children are self-limiting at this age. Their bodies won't let them do more than they can handle.</p>

## Anna's Keynote Fact Sheet, cont.

Chores Children Can Do by Age	Erikson's Levels of Development	Helping Heart Children Transition from Child to Adult
<p><b>Ages 6-8</b></p> <p>Take care of pets Vacuum, sweep and mop Take out trash Help sort laundry Sort, fold and put away laundry Help load and unload the dishwasher Help clean out the car Help wash the car Keep clean; wash self Rake leaves; help with outdoor work Help put groceries away</p>	<p><b>Ages 6-10</b></p> <p>Industry vs. Inferiority</p> <p>In middle childhood children are in school and learning many new skills. If they experience failure, they are likely to feel inferior and incompetent. The main question is: Am I good at what I do?</p> <p>If these children are given extra help when they have difficulty, they will be more likely to achieve success and they won't develop an inferiority complex.</p>	<p><b>Ages 6-10</b></p> <p>Now children can start to fill their own medicine boxes (get the kind that have 7 compartments) and should know what their medicines look like. By this time, most children only take pills and no liquid medicine.</p> <p>At doctor's appointments, children need to know that you expect them to be cooperative. Give them coping strategies if they develop illogical fears.</p>
<p><b>Ages 9-16</b></p> <p>Learn how to hand wash dishes Help prepare simple meals Clean the bathroom Rake leaves Learn how to do laundry (operate the washer and dryer &amp; how much soap, softener and bleach to use) Walk, brush and bathe pet Sew buttons Wash the car Iron clothes Clean the kitchen Neighborhood jobs Replace light bulbs and vacuum cleaner bags All parts of the laundry Wash windows Clean out refrigerator and other kitchen appliances Prepare meals Prepare grocery lists Any household chore</p>	<p><b>Ages 11-18</b></p> <p>Identity vs. Role Confusion</p> <p>During adolescence children become concerned with how they look and how they appear to others. They want to be like their peers. It is during this time that they start to develop a sense of who they are politically, regarding their sex, religion and what occupation they might wish to do. The main question is: Who am I, and what is my goal in life?</p> <p>Teens must develop a sense of identity to feel self-confident. Research has shown that during this time it is of crucial importance for them to have relationships with friends, especially friends who are like them.</p>	<p><b>Ages 11-15</b></p> <p>Preteens and early teens need to start interacting more with their doctors. Help them learn how to communicate with people on their care team. They should also know who all the people on their care team are and who to call if they need help.</p> <p>They should let you know when medications need to be reordered. By this time, there may be certain physical limitations. Help them think of creative alternatives so they still have things they are good at and friends in those areas. We mustn't be overprotective with our teens. We must educate them.</p> <p>By this age, they should know the name of their heart defect(s), what operations they've had and their medications. They should be able to order their medications and pick them up at the pharmacy. They should be able to schedule their appointments and get there on time with what they need.</p>
<p><b>Ages 17-18</b></p> <p>Should be doing chores without request Run errands (if they have their driver's license) Plan a menu &amp; shopping list Take a younger brother or sister to a movie or on a play date Organize closets Clean/organize the garage Any yard chores</p>	<p><b>Ages 18-34</b></p> <p>Intimacy vs. Isolation</p> <p>In early adulthood people must develop intimate relationships or suffer feelings of isolation. the main question is: Am I a person worth loving?</p> <p>If people are not given a chance to go through the earlier stages of development as listed above, they may not be able to have loving, sustainable relationships.</p> <p>* See the Resources list for articles about the last two stages of development: Middle Adulthood (35-60 years of age) and Later Adulthood (60 years of age to death)</p>	<p><b>Ages 13-18</b></p> <p>We must help our teens understand the consequences of risky behavior. If you haven't done so already, talk to them about the implications for using alcohol, drugs, or having sex. A visit to a geneticist is appropriate and will help teens understand that you see them as young adults.</p> <p>They need to know about taking medicines for dental and other procedures.</p>