**Transition Timeline for Children and Adolescents with Tyrosinemia**

**Parent and Child Interactions that Encourage Independence**

- **Birth to 3**
  - Assign your child chores appropriate for his/her ability level.
  - Encourage decision making skills by offering choices.
  - Teach consequences of your child’s behaviors and choices.
  - Continue teaching your child normal self-care skills as well as skills related to his/her tyrosinemia.
  - Begin asking “What do you want to do when you grow up?”
  - Begin teaching your child about his/her tyrosinemia.
  - Begin teaching your child self-care skills: normal skills and those related to his/her tyrosinemia.

- **By ages 6-11**
  - Begin helping your child interact directly with doctors, nurses, therapists, teachers.
  - Assess your child’s perception and basic knowledge of his/her tyrosinemia. Build on their understanding.
  - Continue teaching your child normal self-care skills as well as skills related to his/her tyrosinemia.
  - Encourage hobbies and leisure activities; include exploring community and recreational activities, clubs, 4-H, Scouts, Campfire, YMCA, sports, etc.
  - Continue to encourage decision making skills by offering choices.
  - Continue assigning your child chores appropriate for his/her ability level.
  - Take your child shopping whenever possible so he/she can help in choices.
  - Let your child choose how to spend some or all of his/her allowance.
  - Teach your child the consequences of his/her behaviors and choices.
  - Allow your child to experience the consequences of a poor choice as well as a good choice.
  - Begin teaching your child self-advocacy skills.
  - Continue asking your child “What will you do when you grow up?”

- **By ages 12-18**
  - Assess your teen’s perception and basic knowledge of his/her tyrosinemia. Fill in gaps in understanding.
  - Continue teaching your teen normal self-help skills as well as skills related to tyrosinemia. Continue teaching self-advocacy skills.
  - Begin helping your teen keep a record of his/her medical history, including conditions and treatments (dates, doctors, recommendations).
  - Begin helping your teen take responsibility for making and keeping his/her own medical appointments, ordering his/her own formula, etc.
  - Begin exploring health care financing for your young adult.
  - Discuss sexuality with your teen.
  - Help your teen identify and build on his/her strengths.
  - Explore support groups, if teen is interested.
  - Begin, with your teen, looking for an adult health care provider.

- **By ages 18-21**
  - Continue transition planning with young adult and team, including employment and adult life activities.
  - Act as a resource and support to young adult.
  - Encourage young adult to participate in support groups and/or organizations relevant to his/her special need.
  - Finalize health care financing with young adult.
  - With young adult, finalize transfer of medical care to adult provider.

**Supports to Consider**

- **Transition to Preschool:**
  - Birth to 3
    - Seek a parent program for emotional support and networking.
    - Involve your child and family in community and recreational activities that include children with and without tyrosinemia.

**Programs**

- **Transition to Preschool**
- **Transition Toward School**
- **Transition Toward Adolescence**
- **Transition Toward Adulthood and Post School Options**
- **Post School:**
  - Employment
  - Post Secondary education (2 or 4 year college or vocational school)

**Years**

- Birth
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19
- 20
- 21
- 22