

# Home Model

Family involvement in the lives of young children is important. Parents, grandparents, caretakers, brothers, sisters, aunts, uncles and cousins should have every opportunity to be involved in Young Athletes. Through Special Olympics Young Athletes in the home, families can play together in a fun and caring environment.

## Structure

### Frequency

At least three times per week

### Timing

20-30 minute sessions

### Setting

Indoors or outdoors.  
Any space can be used!

### Coaches

Family members,  
neighbors or friends

### Inclusion

Siblings or local  
community children

### Volunteers

Family members,  
Special Olympics  
athlete leaders or  
neighbors



## Implementing in the Home

### Stand-Alone Activities

- A great way to start Young Athletes is simply to play with children, using the Young Athletes Activity Guide to structure playtime.
- Start by having 20 to 30 minutes of structured play, at least three times per week.
- Select 2 to 3 activities to focus on in each play period.

### Support for Community or School Programs

- Practicing Young Athletes at home can help support the skills children are learning as part of Young Athletes in their school or community.
- Families can use Young Athletes as a guide for play at home.
- Coaches can share the lessons they are doing each week with the family members to encourage them to follow along at home.

## Key Points for Consideration

**Connect with other families**—find a local Special Olympics Family Support Network

**Invite siblings and other children in your community**—all children love to play!

**Get creative**—as you become comfortable with the activities, add new variations to play to the strengths of the children

**Have Fun**—Enjoy the time playing with your child in a supportive setting