



## Timeline for Training

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0 - 9

### Focus on self skills & life skills

- Getting up on own
- Making beds
- Brushing teeth
- Taking showers/baths
- Washing hair
- Getting dressed
- Making breakfast
- Packing backpacks
- Remembering sports stuff
- Organizing homework
- Organizing time
- Setting tables
- Unloading dishwashers
- Cleaning the kitchen
- Doing the laundry
- Stacking the wood
- Preparing lunches
- Vacuuming
- Cleaning the bathrooms
- Making grocery lists
- Learning how to cook
- Creating menus
- Answering phones

10 – 15

### Focus on social skills

Worst time to start  
TRAINING

Children are identifying who they will be as a generation.

They focus on learning social skills that will define them as individuals and as a generation.

Imagine your children have mastered the list to the left.

How do you think their experience of adolescence would differ with someone who had not mastered this list?

This is where independence vs. dependence starts to show up.

Kids are either becoming leaders or becoming followers, victims, easily influenced by peers, more discouraged, disconnected from family.

16 – 18

### Identify Values

Our kids “plug” back in. Now they are ready to learn

- Dating
- Driving
- Drinking
- Drugs
- Stealing
- Cheating
- Opening bank accounts
- Making doctors appointments
- Buying insurance
- Going to college OR
- Moving out on their own
- Time Management

Children are getting ready for life. Children know they are leaving.

Imagine if your children felt confident about their abilities to manage their life, looked forward to growing up, felt supported and encouraged by their parents, had plenty of practice, made lots of mistakes and learned from them and trusted you because you trusted them.