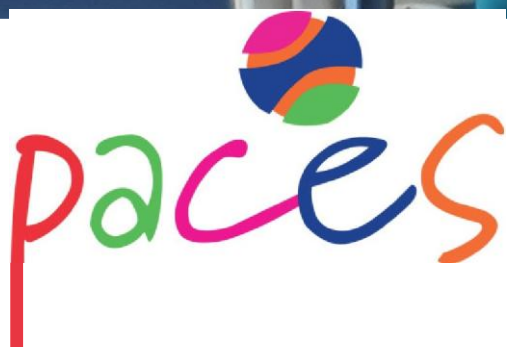




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pacs Sheffield.org.uk



Oscar's Journey

Oscar is a happy and friendly three-year-old who attends the Paces Parent and Child Programme every Monday. He currently attends pre-school nursery and is preparing to transition into mainstream school.

Oscar's mum first became concerned about his development when he was around six months old. He struggled with head control and could not sit independently without falling to one side. At 10 months old, Oscar contracted a severe kidney infection resulting in a prolonged illness further delaying his gross motor development.

Although Oscar received some NHS support, including speech and language therapy and blocks of physiotherapy, long gaps between appointments meant the support often felt disjointed. Without a formal diagnosis, Oscar's mum also found it difficult to access appropriate mainstream support.

After searching online for help with gross motor development, Oscar's mum discovered Conductive Education and Paces. Within two weeks of self-referring, Oscar had been assessed and began attending the Parent and Child Programme.

Oscar joined a small group with children of similar abilities and began following a personalised programme that his parents also practise with him at home. His mum describes the sessions as having the perfect balance of challenge and fun, allowing Oscar to safely take risks while building his confidence.

Since starting at Paces, Oscar has made significant progress. His improved head control now allows him to sit and stand more independently, and on 10th November he took his first steps. He is now able to walk short distances on his own.

Oscar has also developed greater independence in everyday life. He is becoming more confident with self-care tasks such as cleaning his face, dressing and toileting. These changes have also allowed the family to enjoy more social activities together, such as visiting cafés where Oscar can now sit independently on a standard chair.

The programme has supported Oscar's social and communication development, helping him build early friendships and giving him the confidence to attend a mainstream pre-school nursery. Paces also supported his transition by providing a report to help the nursery understand how best to support him.

Oscar's mum says:

"Coming to Paces has 100% helped prepare Oscar for mainstream education. At Paces we focus on what Oscar can do, not what he can't do. As a mum, that has given me real confidence to empower him."

She also reflects on the impact on family life:

"Last Christmas I had a photo of Oscar sitting on the floor watching his sisters decorate the tree. This year I have a photo of all three of them decorating it together."

For Oscar's family, Paces has not only helped Oscar develop new skills, but has also given them confidence, hope and support along the way.