Include Me
The voice of a child with multiple disabilities or deafblindness
Look at Me!

I am here, too
A child, a human being... just like you
Don’t look at my disability, look at me
I, too, want to be independent and free
I may take time to learn, and I have my own way
But learn I will, more with each day
Let us work together, come with me
And let us discover the wonders that lie in me...

Hi! I am a child. I am part of a family, and families like mine are everywhere in the world. My mother says that I do not see well, I can hear a little, and I have a hard time holding on to things... AND:
I want to be included in family activities. There are lots of ways I can help, too. I like being together with other children. I love family celebrations and local festivals. I can help pump water. I can ride in the basket my grandfather built on his bicycle. There are so many things I can do with you!

I can participate in my family and in my community!
I like playing with things in and around my home. Please place the toys where I can reach them. I especially enjoy playing with other children. I like when my brother and sister play nearby, and I want to join them.

A boy and a girl holding hands and playing hopscotch together.

Young child wearing glasses sitting in a large bowl with a toy within easy reach; child is holding and shaking a sound toy.
I can communicate!

I want to communicate with you. It is so important for me - just like for you. Get in touch, play, and talk with me, then watch my reaction. Try to learn MY language, I am trying to learn yours. Let’s have fun together!

I am always learning...though it may be in small steps. I understand how to use things when I can feel them. I need lots of practice and plenty of time to do things by myself. You can help me learn by setting a routine I can follow every day. And just like other children, yes, I can also go to school!

I can learn!

Parent and child communicating by touch. The parent is seated on the ground and the child is lying on her back facing parent, supported between the parent’s legs. Parent and child are reaching their hands out towards each other and they are clapping hands together.

Child and grandmother seated on the ground with a bowl of leafy vegetables in front of them. Together they are taking the vegetable leaves off the stem to prepare a meal.
I am full of joy and possibilities, and mischief, and dreams - like all children. Can you see me? I am here, in our community, in our neighbourhood. I am a child waiting and wanting to be loved, respected, and included. If you appreciate and encourage me, others in the community will do the same! Once there was a child like me. She grew up to be a famous woman named Helen Keller, and she said “Alone we can do so little; together we can do so much.” I have so many dreams- will you help me fulfill them?

Remember:
I am a child -
A precious gift

Every child needs love and care, including me! I may find it difficult to show you, but I love you very much. And I need you to show me that you love and care for me. I can feel your love.

I am very easy to love... and I love you, too