

Supporting Self-Help Skills At Home

Here are some simple, practical suggestions that you can carry out on a daily basis at home with your child, to encourage self - help/independence skills.

Routine - children need routine. Routine in the home makes children feel safe, secure and 'settled to learn'. Establishing routines and patterns for morning, mealtimes and bedtime leads children to try out things independently.

For example a bedtime routine such as – pyjamas; teeth, toilet, bed, story, night-night, lights out, will give opportunities to practise and encourage independence with dressing/ undressing, toileting and teeth brushing, in a safe, comfortable, meaningful context.

Self-help skills particularly helpful for your child in Pre-School and to practise routinely at home are:

Toileting – using the toilet, pulling pants/trousers down and up. Eating – using cutlery to eat, fork, spoon and encouraging use of knife. Wiping/blowing nose with a tissue. Dressing – putting on and taking off coats

