

Dressing/Undressing

Allow your child time to have a go at getting undressed by themselves.

Hold out their shoe and allow them to try and put it on correctly.

Encourage them to undo their straps on their shoes.

Being Healthy & Keeping Safe

Remind your child of dangers e.g. when they climb on a wall or at the top of a slide. Say 'Be careful- you are high' or 'Hold on to the rail' or 'Hold my hand'.

Independence Home Learning Step 11-Step 12

Personal Care

Look out for signs of your child showing they need a wee or a poo! When they do, use their communication method e.g. symbol/photo/board and say 'You need the toilet'

If you feel ready- you could try sitting your child on a toilet seat or potty. Make it as fun as possible- sing a song!

Keep it brief and no pressure at all. Remember- Ask your child to pull down their own trousers and pants/nappy.

Washing/Hygiene

Give your child a hairbrush and show them how to brush their hair. You could practise on each other as well as dolls!

Teeth Brushing

Put the toothpaste on the brush and allow your child to brush their own teeth. Use a mirror to look into, you could brush your teeth alongside your child. Demonstrate back and forth movements and sing a song about teeth brushing!

Eating/Drinking

Ensure you offer a range of foods for your child to try, you could make food with them and get them involved e.g. smoothies/pizza/cakes. You could introduce a new food each week. It is likely that initially they may refuse, this doesn't mean they don't necessarily like it—just that it is new. Keep trying, with no pressure to eat it. Over time they may begin eating a wider variety of food! Ask your child what food they like and what they don't like!

