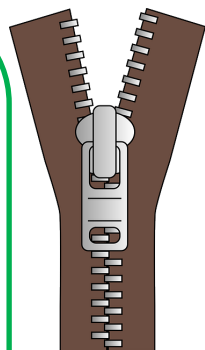


Dressing/Undressing

Encourage your child to dress themselves and allow time for this e.g. it might be more difficult on a morning but you may allow time for this on a weekend.

Show your child how to do zips, buttons and other fastenings and start them off with the zip and ask them to 'pull' it.



Independence Home Learning Step 13-Step 14

Being Healthy & Staying safe

Start exploring what 'Being healthy' means. You could do some obstacle races or running or physio and ask your child to feel their heart beating and notice they are out of breath. Then do a quieter/still activity and notice the different. Tell them exercise makes them healthy. You could add a particular exercise to your routine e.g. star jumps!

Personal Care

Listen out for your child communicating (Using their own method e.g. verbal, photo, symbols) that they need to go to the toilet. Even if you know think they don't need it- take them.

Lots of praise, maybe a reward chart. Allow lots of opportunities for them to use the toilet, ask them and remember to use their communication method.

Eating/Drinking

Allow your child to use a knife and fork. Practise using the knife to spread e.g. make some toast and allow them to spread the butter or jam on. Give them something e.g. a banana and show them how to cut it up. Then transfer this skill to cutting their food.

Washing/Hygiene

After a messy activity, eating or before eating; ask your child to wash hands. Ideally have a 'regular' place where they can do this. Have a step available if needed or a bowl to bring to them. Allow them to do this as



Teeth Brushing

Encourage your child to brush their teeth; ensure it is part of morning and bedtime routine. You could have a toothbrush and do it alongside them.

They should be able to have a go themselves, it may encourage them if they had a character toothbrush or an electric toothbrush! You could also use a sticker reward chart for motivation.