

All personal care needs:

Your child will be aiming to meet all of their personal care needs themselves.

- Brushing their own hair
- Washing and drying their own hands
- Using the toilet independently and the routine that goes with this e.g. wash hands etc.
- Brushing own teeth

If they struggle with one area or decide they no longer want to do one of these routines- try looking back at the previous steps for ideas.

Independence Home Learning Step 17

Eating/Drinking

Show your child how to pour their own drinks, make squash (If they drink it), mix drinks, how to prepare food such as a sandwich. You could have pre cut foods, butter, knife ready.

Always give them the opportunity to help set the table or prepare the eating area e.g. wiping it down and to tidy up after meal times by putting items away in the sink or bin.



Being Healthy & Staying safe

Continue to explore healthy lifestyles; combining exercise into your routine and telling your child why it is important as well as exploring healthy food options.

Explain that water is important; you could have a competition! Who in the family drinks the most water?

Have a go at a mindfulness app for children- do this with your child and 'take time out' together to relax. This may allow your child a 'safe space' to talk about any worries.

Try creating a space with their 'happy' items for when they're feeling a little sad or upset. Some children think a worry jar or a puppet is a good way of helping them to talk through their