

Dressing/Undressing

Practise as many fastenings as you can; zips, buttons of different sizes, laces. Encourage your child to have a go first at undoing their fastenings before you do it for them.

Eating/Drinking

Give your child a knife and fork and continue to show them how to use them. Plenty of opportunities to make and prepare food with you e.g. cutting up their snack/helping at tea time.



Independence Home Learning Step 15-Step 16

Personal Care

Continue to use your child's communication method and listen out for them communicating to you when they need the toilet.

A step in the bathroom may help so that they can access it themselves, whilst they are using the toilet independently; ensure they have trousers/skirt that are quick to pull down.

Being Healthy & Staying safe

Explore healthy & unhealthy food- You could have a basket with crisps/chocolate/pop in and the other with fruit/veg/water/milk in. Talk about the healthy ones and that we should eat more of the healthy ones. Then mix them up- and sort them into the two categories!

Washing/Hygiene

Remind your child to wash and dry their hands by themselves. Encourage them to push down on the soap/get the towel they need ready/put the towel away after.

Teeth Brushing

Remind your child to brush their teeth, it could be part of their routine. A reward chart can keep up the motivation. Try a range of character toothbrushes or vibrating toothbrushes. You could practise brushing the dolls/toys teeth too to make it more fun!
As much independent brushing as possible at this level!