

Independence
Home Learning
Step 1 - Step 3

Massage/Touch

Massage your child; you could focus on one body part at a time, slowly, use a safe cream or oil and put on relaxing music.

Look to see if your child shows awareness or resists.

Washing/Hygiene

Do a messy play activity involving hands/feet and then allow your child time to experience having their hands washed.

Use a bowl on floor/tray- let them splash, explore soap



Create routines; get dressed in same order e.g. nappy/ trousers/top

A foot spa is a wonderful activity; provides relaxation, stimulation, an opportunity to explore feet, undressing and a massage.

Dressing/Undressing

Look for your child's awareness or resistance as they are dressed and undressed in a range of situations e.g. home/swimming/at appointments. Talk to them and provide reassurance.



Teeth Brushing/Oral Care

Brush your child's teeth or provide oral care. You could do this as part of wake up and bedtime routine.

Sing the same song each time!
Try normal or electric toothbrushes