

Independence Home Learning Step 4

Massage/Touch

Do a massage; focus on different body parts in turn, use the same music and in the same room.

Does your child begin to respond to this contact? Do they like some parts of the massage more than others?

Washing/Hygiene

Do a messy play activity as well as before/after eating and give your child the opportunity to explore the water. Use bowls/trays if your child cannot access the sink.

Dressing/Undressing

Create routines to support with dressing .
Give them plenty of time and talk to them about what you're doing e.g. Let's put your arm through the hole.

Personal Care

Whilst changing your child's nappy/pad tell them what you're doing, use their communication method e.g. object or symbol.
Give them eye contact and reassure them during the change.

Teeth Brushing

Use a mirror, brush teeth together- give them the opportunity to have a go or hold the brush as well as you brushing their teeth. Brush your teeth too! Sing a tooth brushing song.

Eating/Drinking

Encourage your child to have a go at holding a spoon, it doesn't matter if they bang it/shake it- they are just exploring the spoon.
It can be a good idea to have a spoon each!

