

Massage/Touch

Give your child a massage, focus on different body parts and saying the name/showing a symbol.

Hopefully they begin to relax over time to this activity

Dressing/Undressing

Pause when undressing and dressing your child and see if they have a go at the next bit

E.g.—Begin to push their arm through a top, leg through trousers, move their foot towards a shoe, pull part of a sock off and leave them to pull the rest off



Independence Home Learning Step 5-Step 6

Personal Care

Talk to your child during their changing/toilet routine- remember to use their object of reference/Tassels/Photo or symbol.

See if they can support in being still or pulling a leg out of trousers to help.

Eating/Drinking

Give your child the spoon- allow them to have a go-Embrace the mess- this is how they'll learn!

Try loading the spoon and then seeing if they can take it to their mouth. Offer a spouted or open cup and see if they can drink from it.

Washing/Hygiene

Make opportunities for your child to wash and dry their hands; use a bowl/flannel and allow them to explore the water. Model by rubbing your hands together too.

Teeth Brushing

Ensure teeth brushing is part of your daily routines; you could try a soft mirror, electric toothbrush, have a toothbrush each, sing a song about brushing teeth. Encourage your child to have a go at bringing the brush to their mouth too.

