

Dressing/Undressing

Encourage your child to have a go at dressing and undressing when you hold out an arm hole or a trouser leg for them.

Tell them you're putting their top on and say 'pass me your arm'.

Give them opportunities to step out of clothing by briefly leaving the trousers/skirt around their ankles

Independence Home Learning Step 7-Step 8

Personal Care

Use your child's communication method (Objects of reference, photos, symbols etc) to tell your child they're being changed/using the toilet.
Sing a familiar song- especially if they're wriggly!



Washing/Hygiene

Ask your child to wash and dry their hands when you are at the sink/bowl with them.

Allow them to have a go themselves and talk them through what is happening.

Teeth Brushing

Make teeth brushing part of your daily bedtime routine; experiment with different types of brushes.

Sing a toothbrushing song, use a mirror.

Brush your teeth at the same time. Allow them to have a go at holding their own toothbrush.

Eating/Drinking

Give your child the spoon and let them have a go at loading the spoon! Lots of modelling and allowing them to have a go- There will be mess- that's okay, it is how they'll learn. Maybe pop a splash mat underneath if it helps.

