

Dressing/Undressing

When getting in the house
-ask your child to take their shoes off. Allow them time. Start them off by undoing the Velcro. Encourage your child to pull their trousers/pants/skirt/tights up



Independence Home Learning Step 9-Step 10

Personal Care

Use their communication method whenever you change their nappy/go to be changed. (Object of reference/photo/symbol). If they seem to show that they need to be changed e.g. when soiled or wet. Show them their photo/symbol of bathroom and take them to be changed. It is important that you do this every time, as this will be how they will tell you they need to go to the toilet in the future.

Eating/Drinking

Give your child the spoon and give them time to load the spoon and put to their mouth. (It's okay if it gets messy!) Encourage your child to try a range of new foods- think about different textures, warm, cold, hard, soft etc. Show your child where routine items belong e.g. Spoon in drawer, yogurt pot goes in the bin, cup goes in the sink. Then ask them to put them away/help once meal time has finished.

Washing/Hygiene

When at the sink as part of the routine e.g. after having nappy changed or using the toilet- Ask your child to wash their hands. Then give them the towel and encourage them to dry their hands



Teeth Brushing

Create a toothbrushing routine, maybe use a song. Use a mirror at your child's height or a portable mirror. Encourage them to hold the brush and see if they put it towards their mouth. You could have a toothbrush and brush your teeth at the same time.