

Encourage me to hold my spoon and feed myself.

Support me to hold my spoon, scoop my food and move the spoon to my mouth. Allow me to be as independent as possible.

Can I find my belonging?

Allow me time to find my own belongings. Can I find my own bag or coat? Can I find my own shoes when given a choice?

Can I tolerate you washing my hair and brushing my hair?

If I am happy for you to brush my hair, encourage me to help hold the brush and move the brush through my hair.

Show me how to put my coat on.

Give me time to put my coat on, help me to put my arm in one sleeve, can I put my arm in the other sleeve with less support. Once I have my coat on help me by starting the zip, then encourage me to fasten my coat by pulling up the zip.

Allow me to explore new textures and tastes.

Support me to explore different textured foods. Give me time to explore with my hands, allow me to smell and taste new foods. Try not to pressure me, allow me to explore in my own way.

Show me how to hold my tooth brush and help me to brush my teeth.

If I can hold my toothbrush myself, give me time and support me to move the toothbrush myself.

Encourage me to put my trousers on.

Can I pull up my trousers if you help me to put my feet in first?

## Independence



Can I use a fork to scoop my food?

If I am confident using a spoon encourage me to have a go at using a fork.

Support me to wash my hands.

Help me to wash my hands using soap and water. Can I increase my independence and wash them with less support?

Show me how to put my shoes on.

Give me time to try to put my shoes on by myself. Help me by undoing the straps or laces and showing me which foot my shoes goes on.

Encourage me to drink from an open cup.

Can I hold a cup and bring the cup to my mouth and then place back on the table? Show me how to hold the cup.

Encourage me to dry my hands.

After I have washed my hands, help me to dry them using a towel.

Can I find the arm holes in my t-shirt?

Help me to put my t-shirt on over my head, allow me to time to try to put my arms in the sleeves myself.

Show me how to pierce my food with a fork.

If I can scoop my food with a fork, encourage me to start piercing my food with a fork.

