

What's the Problem?

Primary Objectives

1c. Takes care of own needs appropriately

Why It's Important

One of the best ways for your child to learn self-help skills is to follow your lead. When you wash your hands and encourage her to do the same, you are showing her an effective way to prevent germs from spreading. When you eat a nutritious meal or snack with your child and talk about it, you are helping her learn healthy eating habits.

Materials

None

What You Do

1. Look for opportunities throughout the day to encourage your child's ability to perform self-help skills on her own.
2. When you accompany your child to wash her hands, she may wait for you to turn on the faucet. Give her a chance to identify the problem (needing the faucet turned on) and either ask for help or turn the water on herself.
3. Pause before you offer assistance so that your child has a chance to think of a solution on her own.
4. If she appears close to frustration, prompt her with questions that will lead to a solution. *What happened? What can we do about that? Do you need help? How do you ask for help?*
5. Take advantage of other moments in the day that provide a chance for your child to practice these skills, such as putting on a coat or cleaning her face.