



# Tips to Help Your Child Develop Self Care Skills

## Information Sheet

Self-care skills refer to the activities your child completes in order to be ready for the day. They can include toileting, dressing, eating/feeding, and cleaning their teeth for example. As children get older, it is expected that they complete more and more components of these tasks themselves.

### Tips to improve self-care skills:

- It's really important to have a routine - this is referring to completing the activity at the same time or as part of the same routine each day, but also the way the activity is complete also needs to be consistent.
- Be consistent with the instructions and prompts you use with your child when talking about and helping them with the activity.
- Start breaking down tasks into smaller steps. Work out which steps your child is able to do independently, and help them to complete the parts they are having difficulty with only.
- Try using a visual schedule including all the steps they need to follow to complete the routine or task on their own.
- Try using a reward chart.
- Make sure there is enough time for your child to complete the task without you both rushing and feeling flustered (eg. mornings might not be the best time to practice if it means you're going to be late for school!!)

### Other Activities which can help develop self-care skills:

- Imaginative play and role play - taking care of others, doll and teddy play
- Completing fine motor activities (practicing using fingers to manipulate small objects, can be transferred to doing up and undoing buttons)
- Using timers - keeping child on-task, letting them know when the activity is finish.
- Involving child in choosing items - choosing new toothbrush, choosing outfit etc.