



## Self-Care Skills

### What are they?

Self-care skills are those we use in everyday life. These include feeding ourselves, using the toilet, dressing and undressing, washing (including hand washing), grooming (including teeth and hair brushing) and looking after belongings. Children learn these skills as they develop and learn. Self-care skills that are important for the transition to school include taking care of belongings, dressing and toileting.

### How to develop them

- Provide lots of opportunities to practice each skill
- Ensure your child has the time they need to successfully complete the task
- Provide lots of specific and positive feedback and praise.
- Display picture schedules of the steps involved in a self-care task
- Use a reward chart for independent completion of tasks
- Break down a self-care task in to small steps and practice doing a small step each day
- Use the same routine each time you complete the same task to help them learn faster
- Be consistent with words used to assist your child and keep instructions short and simple
- Encourage your child to observe other people in the family doing everyday self-care tasks
- Role play self-care skills, such as eating and dressing with dolls and teddies
- Allow your child to brush your hair or teeth before they try brushing their own.