

# SELF-HELP SKILLS

## *developing independence*

Our job as grown-ups is not to do everything for our children. Our job is to teach our children to do everything for themselves! This starts as soon as they are physically, emotionally, and verbally ready. Preschool is the peak time for developing self-help skills. When we foster independence, we teach our children that they are capable, strong, smart, problem-solvers.



### **PRESCHOOL SKILLS**

- Take off jacket
- Take off backpack
- Unzip backpack
- Remove folder
- Put on jacket
- Put on backpack

### **BATHROOM SKILLS**

- Pull down pants
- Sit on toilet
- Wipe self
- Pull up pants
- Flush toilet
- Turn on the sink water
- Pump soap
- Wash hands
- Dry hands

### **LIFE SKILLS**

- Get dressed
- Put on/take off shoes
- Brush teeth
- Put laundry in hamper
- Feed self
- Drink from an open cup
- Pick up toys
- Wipe up spills
- Help with chores

Teaching self-help skills takes lots of time and patience! It is sometimes easier to just do it for them. Resist the urge!

- ✓ Allow extra time.
- ✓ Talk your child through the skills as necessary.
- ✓ Support your child by starting the task (zipper, for example) and then allowing them to finish it.

### **ADVANCED SKILLS**

Children should be fairly independent with these skills prior to kindergarten.

- Zipping coat
- Tying shoes
- Button pants
- Snap jacket
- Recite grown-up's phone number