



Help your child to do the following for themselves and independence and success in life:

- Allow them to *wash* their own hands (turn on, soap, water, turn off, paper towel, garbage).
- Teach them to *blow/ wipe* their nose. Wash face.
- Allow them to *dress* themselves.
- Remind them to keep fingers and hands away from mouth and face (spread germs) - no touch zone.
- Show how to put on and off their own mask.
- Allow them to use *self-expression* via speaking for themselves- don't speak for them.
- Have them walk in vs carry them.
- Allow them to carry their own backpack or other items.
- Allow them help with minor simple chores.
- Allow them to do things for themselves (let them try / assist only when needed)
- Have them put on their shoes and watch/practice tying laces (it's a process).
- Put own coat on/off and start learning to zip (it's a process).
- Feed self and put away own garbage/plates/dishes.
- Push in own chair and *clean up* what they have taken out before starting new activity.
- *Appropriate behaviors*- not acceptable (hitting, pinching, biting, throwing, pushing, yelling at, screaming at high volume)

- Ask open ended questions vs yes/no – using words to express themselves and their thoughts.

The above are just some examples of how to help your child become more

- Self-reliant,
- Independent,
- Raises their self-esteem and
- Builds their character and desire to learn more.

Respecting adults and other children by:

- Taking turns and sharing.
- Respond when spoken to or asked a question for a response, not interrupting.
- Speak in a calm, low volume voice, speak clearly to be understood.

These are all ways we can help your child become independent, confident and ready for school and interactions with others.