



Help your child to do the following for themselves. It teaches them independence and success in life:

- 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).
- Allow them to *wash* their own hands (turn on, soap, water, turn off, paper towel, garbage).
- Teach them to *blow/ wipe* their own nose. Wash face.
- Wiping their own 'bottom' with toilet paper (not wipes- as there are none in restrooms).
- 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 do things for themselves (let them try - assist only when needed).
- Allow them to carry their own backpack or other items.
- Allow them to use *self-expression* via speaking for themselves- don't speak for them.
- Ask open ended questions vs yes/no – using words to express themselves and their thoughts.
- Have them walk with you holding your hand vs carry them.
- Allow them help with minor simple chores.
- Have them feed themselves and put away own garbage/plates/dishes.

- Have your child push in their own chair and *clean up* what they have taken out before starting new activity.
- Help your child recognize their own name in print / sight.
- Help your child recognize letters and numbers in their natural environment (ie: stop sign, cereal boxes, street sign, magazine etc.)

Teach Appropriate Behaviors- Use positive reinforcement ie: “walking feet, nice touches, inside voices”, etc. - not acceptable (hitting, pinching, biting, throwing, pushing, yelling at, screaming at high volume). Telling your child what you want vs. don’t, can’t, no, etc. (negatives).

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, speaking clearly to be understood.

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