



Teaching your child independence and success in life by giving them opportunities to succeed. Help your child to do the following for themselves (let them try, assist only when needed).

- Allow them to do things for themselves (let them try - assist only when needed).
- Have them *put on their shoes* and watch / practice then attempt at tying laces (one step at a time).
- *Put own coat on / off* and start *learning to zip* (it's a process).
- Remind them to keep fingers and hands away from mouth and face (spread germs) – “no touch zone” above shoulders.
- Allow (teach) them to *wash their own hands* (turn on, soap, water, turn off, paper towel, garbage). Sing Happy Birthday or the ABC song as they scrub & wash.
- Teach them how to *blow/ wipe* their own nose. Wash face.
- *Wiping their own 'bottom'* with toilet paper (not wipes- as there are none in restrooms).
- Allow them to use *self-expression* via speaking for themselves- don't speak for them. And don't forget to listen to them. Encourage them to speak to others to express what they wish to be heard.
- 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 to carry their own backpack or other items.
- 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 and say the letters and numbers in their natural environment (ie: stop sign, cereal boxes, street sign, magazine etc.)
- Allow your child to use scissors (supervised and safety) to cut.
- Allow your child to write as often as possible- copy letters / words in the house they see (ie. cereal box, books)

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

- Self-reliant,
- Independent,
- Raise their self-esteem and
- Build their character and desire to learn more.

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

Teach Expectations and Respect toward adults and other children by:

- Taking turns and sharing, keeping hands / body to self
- 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.

