

Self Help (PRE-K)

choices

routine

independence

visuals

encouragement

choices

Does your child meet personal needs such as dressing, toileting, feeding?

- Carries out toileting routine independently, such as: use toilet, flush and wash hands.
- Chooses appropriate clothing such as: shorts in the summer and pj's at night.
- Dresses independently.
- Eats and drinks a variety of foods and uses appropriate utensils with little or no spilling.

Does your child follow daily routines and simple two or three step directions?

- Put your coat and shoes on.
- Wash your hands and come for snack.

Does your child have the ability to predict what is next?

- After circle time it is snack time and then outside play.

ACTIVITIES

...to encourage self help learning:

- Encourage your child to choose their own clothing or give choices such as "Do you want your purple pants or your blue pants".
- Encourage your child to use utensils at meal time and model appropriate use.
- Discuss different types of weather and appropriate clothing.
- Help your child become independent with personal needs, such as, washing hands, dressing, brushing teeth.
- Allow enough time for independence to put on coat and shoes in the morning and to eat meals.
- With your child create a few simple (3 to 4) house rules, such as, sitting at the table for meals, walking in the house, keep your hands to yourself, playing nicely.
- Provide warnings (visual/verbal) for changes in routines.
- As much as possible maintain a consistent and predictable daily routine for morning meal times, bedtime story etc.
- Discuss the daily routine and any changes that may arise.

