

Recommended Activities to Support Self Help Skills and Independence at Home

Mealtime/Self-feeding:

- ◆ Encourage your child to use utensils to feed him/herself
- ◆ Allow children to practice serving themselves with adult support as needed
- ◆ Have children help set the table
- ◆ After their meal, ask children to help clean up including throwing away paper goods and returning dishes to the sink
- ◆ Ask child to help wipe down table/countertops
- ◆ Child can choose and retrieve food items needed for meals
- ◆ Encourage participation in meal prep, cooking and baking

Dressing/Grooming:

- ◆ Encourage children to dress independently.
- ◆ Practice independence of clothing fasteners such as zippers, buttons, buckles and snaps
- ◆ Encourage children to put on/take off their own socks and shoes
- ◆ Practice shoe tying
- ◆ Practice combing/brushing hair independently
- ◆ Brush/floss teeth independently with adult support as needed to ensure that it is done properly

Daily Chores:

- ◆ Assist with laundry including putting clothes in drawers, sorting laundry, folding laundry, placing dirty clothes in hamper, assisting in carrying laundry basket
- ◆ Daily clean up of toys and other household objects
- ◆ Assist with dusting
- ◆ Assist with sweeping and vacuuming
- ◆ Assist with dishes with adult support as needed

Proper Handwashing: <https://www.cdc.gov/handwashing/index.html>

Recommendations Provided By

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