

Independence skills

It is important to allow your child to develop their independence skills during every day activities.

Why not try some of these at home?

- Take part in hand washing and tooth brushing.
- Begin to dress themselves.
- Help to wash and tidy after meals.
- Join in with simple recycling tasks.
- Tidy up toys once finished playing.
- Independently manage toilet routines.
- Help to prepare own food by spreading and pouring own drink.
- Encourage the use of cutlery at meal times instead of using their hands.