

Play-based learning at home

Self Help Experience

Why self help?

Self help skills are everyday tasks undertaken so children are ready to participate in life activities. These skills are often referred to as the activities of daily living and are typically supported by adults it is expected that children gradually develop Independence.

Self help also helps to:

- Develop independence and maturity.
- Independently dress, brush teeth and to get ready for the day.
- Develop independent eating and drinking skills.
- Develop awareness of the need to clean up after yourself and others.
- Develop an understanding of their environment.

Here's what you'll need:

- Piece of paper and a pen to make a list of self help activities.

- Gather everyday items around the house which are used to prepare your child for the day like a toothbrush, comb, brush, cup and utensils.
- Grab some cleaning items like a cloth used to wash dishes or clean up spills or a small rubbish bin to dispose of items around the house.
- Choose some clothes together to dress for the day.
- Gather toys for play like stuffed animals or puzzles and blocks which will then be packed away once they are finished playing with them.
- Agree on an outside activity that encourages self help like sandpit play.

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How to start:

- Have your child choose an activity on the list to begin the self help experience.
- Move through the list and have your child tick off each activity completed throughout the day.

Here's how to do it:

- Visit each room and talk about different activities that occur in that room. Encourage your child to independently perform different tasks. For example:
- Eat and drink and gather utensils and cup to wash in the kitchen sink.
- Encourage your child to clean up spills or clean crumbs off the kitchen bench with their own cloth.
- Brush their teeth/hair or have a supervised bath/shower.
- Independently dress for the day and put dirty clothes in the laundry basket.
- Use the toilet including wiping and flushing and cleaning hands.
- Help your child make their own bed.

- Talk about coughing and sneezing and encourage your child to cough into their elbow or use a tissue.
- Encourage the child to put their own garbage in the rubbish bin.
- Play with the puzzle, soft toys or blocks and once they have finished the activity encourage them to clean up the space.
- Enjoy an outside activity and encourage your child to clean their hands when they come inside.
- Celebrate each activity completed and have fun!

