

Let's Go

Primary Objectives

1c. Takes care of own needs appropriately

Why It's Important

Establishing a series of routines and then offering reminders that lead your child through each one helps him become independent. Assisting him through the steps ensures that he will know and remember routines even before he is able to participate on his own.

Materials

None

What You Do

1. Invite your child to join you in a series of routines (e.g., getting his coat, preparing for snack, putting on shoes, etc.). Take his hand and lead him through each routine. *Now that you are finished getting dressed, it is time to wash your face and brush your teeth.*
2. Offer constant feedback about what he is doing and what he will be doing next. *You are washing your hands so that you can have your snack. Now let's go to the kitchen and get the crackers and grapes. Then we will go sit at the table.* Instead of simply leading him to each routine and then completing it for him, approach each step slowly so that he has a brief chance to work independently.
3. Maintain a specific sequence of routines whenever possible so that your child can begin to anticipate what to do next: always wash hands, then get a snack; or have breakfast, then go outside to play.
4. Try to offer no more assistance than is necessary, but remain close enough so that he knows you will help with each routine if needed.