

- Encourage your child to make choices. For example, ask your child if they would like milk or water? or toast or bread? This can help to boost your child's self confidence and learn about the consequences of negative choices.
- Encourage your child to put on their own coat or shoes. Make sure you allow time for your child to do this task on their own and give lots of praise when it is achieved.
- Establish routines that allow children to look after themselves, for example washing themselves, hanging clothes on pegs and using the toilet independently.
- Encourage small steps that your child can complete, like pulling up their skirt or trousers.

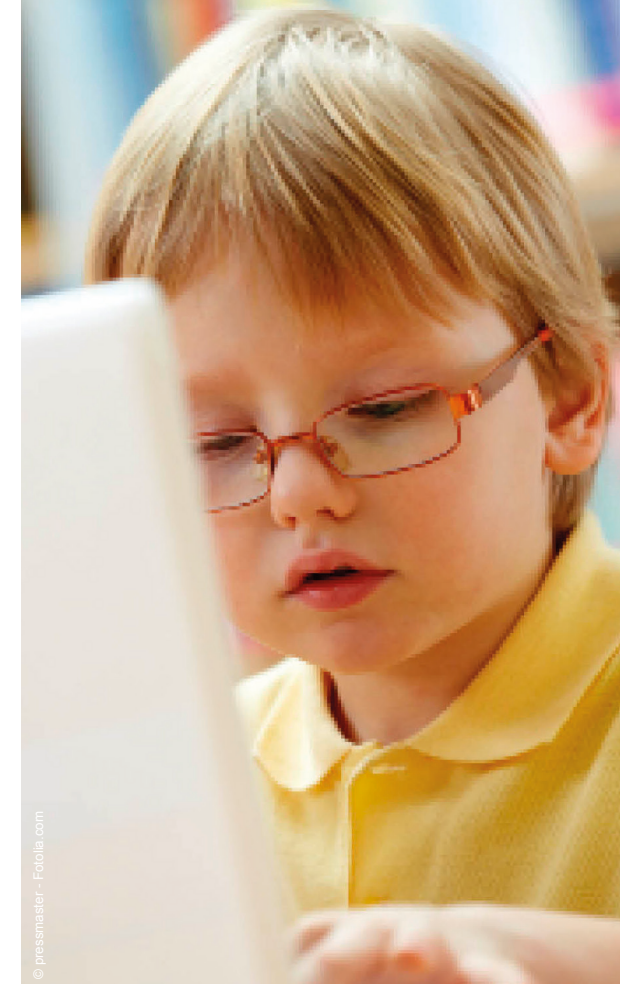


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**Independence
is a life long skill**

Contact Julie: 01279 446365
Harlow Council
Community Development Worker -
Educational Attainment

**Helping your child to be
ready for school -
encouraging self-care skills**



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**Tips for
parents
and carers**

Harlow
Council
Working together for Harlow

Health and self care are an important part of your child's learning and development.

There are lots of things you can do to help your child learn the skills they will need to be ready to start school.



Children learn best through play

- Encourage your child to feed themselves with a knife, fork and spoon and drink from a cup. Try not to worry about spillages, instead allow your child to help clean it up.
- Encourage your child to dress and undress by themselves. Allow plenty of time in your routine for your child to do this for example "you try and take off your clothes, whilst I run your bath".
- Use dressing up clothes in play, children love to dress up and this is an ideal time to encourage independence.



Make learning fun

- Lots of praise and encouragement makes children feel proud of what they have managed to achieve.
- Have confidence in your child's ability to do things for themselves.
- Children learn through choosing, trying and doing things for themselves. If you always insist on doing it for them they will never have the opportunity to learn for themselves.



Remember to give lots of praise and encouragement