



Teaching our children how to do things for themselves helps them become more independent, which in turn builds their **self-confidence**. It also aids in developing **problem solving** and **social skills**.

Focus on one or two skills at a time. Teach your child by showing them how to do it. Then give them a chance to practice. Monitor their practice. When a skill is mastered, move to another skill.

Skills to Teach:

1. Eat with a spoon and fork
2. Open food packaging
3. Hold a book and turn pages carefully one-by-one
4. Blow their nose
5. Properly wash hands
6. Wipe up their own spills
7. Brush their teeth
8. Put dirty clothes in the laundry hamper
9. Wipe their feet and/or remove shoes before entering a house
10. Set the table properly
11. Brush/Comb their hair
12. Dress and undress themselves
13. Put on their own shoes
14. Prep some of their own food
15. Hang up their coat or hat when they come in from outside
16. Open and close doors behind themselves
17. Properly grip a pencil or crayon
18. Sort items while cleaning
19. Fold simple items like dishcloths and washcloths
20. Scrape dirty dishes and place them on the counter or in the dishwasher after meals
21. Make their bed
22. Put shirts on hangers and put away clean laundry
23. Snap, zip, button, and tie
24. Fasten and unfasten a belt buckle
25. Change the toilet paper roll

