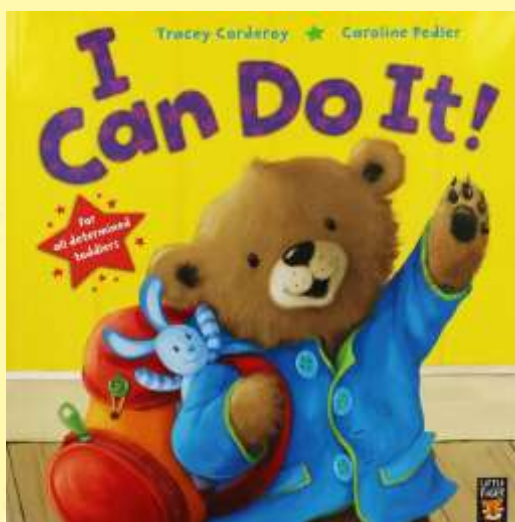




How to help your child become more independent (and do it safely!)

Here at Ravensbury we believe that children thrive on becoming independent and completing challenges.



Watch a video of this story being read for you and your child, then look at the activities you can do at home to help your child develop independence.





Now your child is growing up, it's time to start developing their independence at home.



Here's how you can help:

Please encourage your child to complete these daily routine tasks more independently at home, just like we ask them to at school. We have included some picture cards to help you and your child

Don't worry if they can't do it YET, just keep trying.

- ✓ Going to the toilet
- ✓ Washing hands
- ✓ Getting dressed
- ✓ Putting their own coat on and zipping it up
- ✓ Eating using cutlery and drinking from an open cup
- ✓ Reducing and removing a dummy
- ✓ Showing you care (helping, tidying, being kind)





I can go to the toilet!





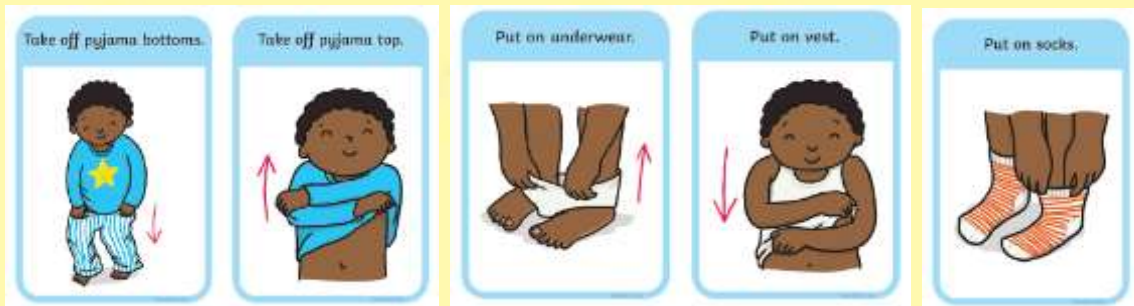
I can wash my hands!



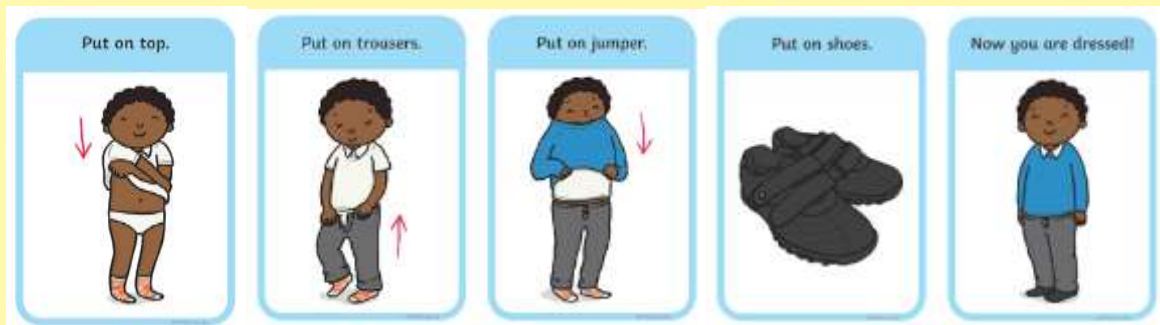


I can get dressed!

1. 2. 3. 4. 5.



6. 7. 8. 9. 10.





I can put my coat on and zip it up!

The Hood Trick

Hood on, one arm in,
other arm in.



The Chair Trick (No hood needed)

1. Coat on the back of the chair.
2. One arm in.
3. Other arm in.
4. Shrug the coat on.





I can eat and drink by myself!

Hold the food still with
the fork.

Move the knife back and
forth to cut the food.



Hold the open top cup with two hands
and tip it a little at a time so it does
not spill.





I can speak and play without a dummy in the day!

Your child cannot bring a dummy in to Nursery

Dummies can cause problems for your child.

Long-term use of a dummy can mean that your child's mouth muscles do not develop properly. This also affects how they speak.



Tips and Tricks to reduce dummy use:

Read 'I Want My Dummy' by Tony Ross to help your child understand.

Reduce the amount of time your child has their dummy for. Only use it as a soother when it is really needed and praise your child for self-soothing.

Give it to the Dummy Fairy who will leave a little present.





I can show how I care!

