

DO THIS AT HOME
I Can Take Care of Me

Try this activity at home to reinforce what your child learned about breaking down tasks into smaller steps.

What Your Child Will Learn

Routines can seem overwhelming when they involve a number of steps. When you say, “Please go clean up,” your child may not know where to begin or how to complete the task. By breaking down tasks into manageable steps, your child will feel successful with each completed portion of the task. When your child learns that she can do parts of a larger task, she will feel more empowered to continue.

Materials Needed

camera	construction paper or cardboard
clear contact paper or a laminating machine	hole punch

What to Do

- ▶ Choose those personal-care routines in your child’s daily schedule that she needs help mastering. Try to limit the steps to three to five total, to help your child complete the task without becoming overwhelmed.

Examples include:

- | | |
|---|-------------------------|
| ◀ getting ready for snack/breakfast/lunch | ◀ brushing her teeth |
| ◀ washing her hands | ◀ getting ready for bed |
| ◀ putting on her coat or shoes | |

Washing Hands

- Step **1**. Wet hands under warm water. Add soap.
- Step **2**. Rub hands together to make bubbles.
- Step **3**. Rub bubbles all over hands. Count to 10 three times.
- Step **4**. Rinse bubbles away with warm water.
- Step **5**. Dry hands well with a clean towel.

- ▶ After deciding on a routine, take photographs of your child carrying out each step in the routine.
- ▶ Mount the photos on cardboard and laminate or cover them with clear contact paper to make routine cards.
- ▶ Add simple words to the pictures as a reminder of the step.
- ▶ As you help support your child in mastering this routine, go over each step using the photos you have taken.
- ▶ Mount the photos in the area where your child does that routine or create a book that you can review with your child.

*You can download this activity and the other at-home activities in this book at www.centerforresilientchildren.org/SSES.