

Weekly Learning Ideas- 20/4/2020

Self-care dressing skills are something that require regular practice. While you have longer in the mornings and evenings without school, why not pick one skill your child can't do and work on it. Keep the goal simple and practice everyday. You could focus on;

- Putting coat on by yourself (try putting hood on head to support with positioning).
- Putting on socks and shoes (you can start socks on toes or open up shoes wide to help).
- Doing up buttons (you can help by holding clothing in place).
- Putting on a jumper on (help again by positioning).

Pick a simple goal and get practicing- use a reward to motivate!

