

Activities of daily life

As a neurodevelopmental therapist one of my goals when working with children is to promote functional independence. Some might call these "chores" or life skills.

Eating

- Wash & prepare food, practice chopping soft veggies and fruit with a blunt knife
- lay the table
- take their plate to the kitchen
- **2y+** drinking from a cup
- **3y+** eats with spoon and fork
- **4y+** practice with knife and fork with assistance



Dressing

- 2y+** take off socks, shoes and pants
- 3y+** shoes and jacket on
- 4y+** do and undo buttons
- 5y+** dressing and undressing with minimal assistance



Self-care

- Encourage your child to assist you with bathing and brushing teeth. You do this, I do that. Take turns..
- Role play bathing baby doll or toy



Household

- sweep/mop the floor
- push and or pull laundry basket. They can pass you the clothing and you hang up. They put detergent in.
- washing up plastics
- water plants
- help spray and wash windows or glass doors



Physical benefits:

- improves body awareness & coordination
- builds muscle strength and tone
- encourages use of both hands and sides of the body together
- strengthens balance and core muscles



Encouraging life skills in your pre-schooler:

- the end goal of raising a member of your family who is contributing to the sense of community and helping parents with their endless to do list
- giving them a sense of confidence and pride
- developing life skills for now and the future



"I am, I can, I ought, I will."

Charlotte Mason



A good starting point is introducing activities that will be **achievable** for your child and enables them to feel **successful**

