

# Sybil Elgar School | Our Transdisciplinary Team Newsletter

## Self-care skills

The development of self-care skills is a key part of your child becoming more independent

In today's newsletter we are sharing some tips for how to help with this

## Top Tips for developing independence

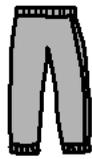
### Choose a good time to practice.

Practice when you have time so no one feels rushed– try in the evenings or at the weekend



### When teaching dressing skills consider different clothing options

Loose clothing is easier than tight clothing to manage – start with pyjamas or clothes that are too big.



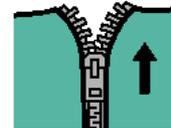
### Encourage any attempt your child makes

Praising your child will develop their self-esteem and they will then be more likely to keep trying next time



### Try using 'backwards chaining'.

This is where you do most of the task and then your child finishes it off - for example if you start the bottom of a zip and they zip it up. This technique gives your child a feeling of achievement and builds their confidence



### Learning to tie shoelaces can be a particularly tricky skill to learn.

We have created step-by-step photo-based visuals for a simpler method of shoelace tying - included in this email.



### Learning to tie shoelaces



Try watching the below YouTube video for a demonstration:

<https://www.youtube.com/watch?v=VA4AACzIhe8&safe=active>

Do get in contact if you would like us to send home a laminated 'learning shoe' to practice with

### Practice, practice, practice makes perfect!

Many self-care tasks are complex and require lots of time to learn. Keep trying and reach out for help if you need it



## Want some more information?

If you would like more tips on how to encourage your child to develop their independence with self-care tasks contact your child's teacher or our OT Tess ([Tess.Steventon@nas.org.uk](mailto:Tess.Steventon@nas.org.uk))

There is also a great website created by some NHS OTs with lots of helpful tips:

KIDS (Kids Independently Develop Skills)

<https://www.nhsggc.org.uk/kids/>



### Website:

<https://www.autism.org.uk/services/nas-schools/sybil-elgar>



### Contact:

0208 8139168



### Email:

[Sybil.Elgar@nas.org.uk](mailto:Sybil.Elgar@nas.org.uk)