

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

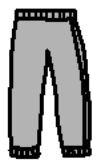
Choose a good time to practice.

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)

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>



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