

Learning Independence and Self Care

Ready for
Pre-K!

Why is independence important?

Giving your child the gift of independence shows them that you believe they are responsible and capable. It fosters children's self-confidence and belief in their own abilities! Supporting your child's growth and independence not only builds important developmental skills, but encourages children to problem solve, persist, and build resilience.



What can we do to support success?

Learning to do new things can be a challenge! Create conditions for success by:

- Developing a predictable routine: This is a key way to help your child understand what to expect, and in turn, what is expected of them!
- Modeling & practicing: Show your child what to do, then practice together!
- Giving space: Step back and let your child try it on their own.
- Being patient & supportive: All learning takes time. Be patient and offer support when needed. Affirm your child's efforts, even when they need a lot of support. Positive affirmation will encourage them to try again later!

Visit our Website



Skills to Support



Self Care

- Handwashing
- Brushing teeth/hair
- Using a tissue
- Covering a cough
- Toileting



Mealtimes

- Drinking from an open mouth cup
- Using a spoon and fork
- Sitting at the table
- Using a napkin



Dressing

- Pulling pants up and down
- Putting on socks and shoes
- Putting on hat and coat



Caring for the Environment

- Helping put toys away
- Wiping up a spill
- Putting clothing in a hamper



Problem Solving

- Attempting to work out the problem
- Communicating what the problem is
- Asking for support from an adult or peer

 DCPS Early Childhood Education

 @dcpsearlychildhood

 readyforprek.org

