

Self-Help Skills

Giving your child more freedom and responsibility in concrete ways helps you feel more confident that your child is capable of succeeding in taking the big step to Kindergarten.

Does your child know how to take care of himself/herself? Have you rehearsed school-related activities?



_____ Putting on their own Coat



_____ Practicing having snack and lunch, letting them open up their juice box.

_____ Bathroom Skills- turning on/off the faucet, washing their hands and flushing the toilet.



_____ Tying their shoes Shoe/Sneakers

We think the most important point to remember when teaching a child to tie shoes is for the adult to STOP tying the shoes and give your child time to try themselves, even if it means that the child takes longer. Some children, especially left handers, may need extra time and help. You may consider having a left handed adult teach the left handed children shoe tying skills. Of course, if a child is really struggling, they may not be developmentally ready to learn. In that case, the adult should go ahead and tie the shoes and wait a few weeks or months to begin teaching the skill again.