Learning Care group

Positive Behavior at HOME

Positive Behavior Skill

Building Self-Help Skills
Children have a need to be independent and attempt tasks on their own. By allowing children and encouraging them to do things on their own, you can foster their independence and further develop necessary life skills.

Why is This Skill Important?

Benefits:

- Strengthens a child's fine and gross motor skills
- Children gain confidence in their own abilities
- Childre develop physical control needed to carry out daily tasks

Helpful Tips

- Break tasks into small steps
- Allow children enough time to complete things on their own
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- Allow children enough time to complete things on their own

Ways to Practice at Home

I Can Help!
Encourage your child's independence by giving them responsibility around the house. There are things that your child can do to help. This makes them feel a sense of responsibility for the home. Some things they can do include helping set the table, feeding pets, picking out their own clothes, or helping clean up their spills and messes! These are all simple tasks that help foster your child's independence.

Feeding Myself!
For younger children, you can do activities to help encourage them to feed themselves. Using a spoon, have children scoop water from a bowl and transfer it to a muffin tin. Manipulating the spoon can help children develop the fine motor skills they need to use utensils.