

**Activity Name: Self Help Skills**

(this activity will help your child with their self-help skills)

Instructions: Choose a part of the day when you have plenty of time for your child to practice undressing. It is best if you can make time to practice during a natural undressing transition, such as before a bath or taking off shoes when he/she comes inside.

- Start with his/her shoes because most children are interested first in removing shoes. Untie the laces and loosen the shoe at his/her heel so that he/she only needs to pull it off his/her toes. Prepare the socks the same way by removing them for most of his/her foot before he/she pulls them off.

- Offer positive feedback after each item of clothing is removed. "You took off your shoe! I think you can pull off your sock too!"

- Undo any buttons/zippers and show your child how to pull his/her arm through the sleeve, when your child is ready to try more difficult pieces of clothing such as a coat or shirt.

- Help with pants by having your child stand and push his/her pants down to his/her knees. They have your child sit and invite your child to pull them over his/her feet by themselves.

**Learning Objective:** 1b, 1c, 3a, 7a

TSG Obj.: Follows limits and expectations, Takes care of own needs appropriately, Balance needs and rights of self and others, & uses fingers and hands