

Self-care skills

Activity 1 – Preparing meals

Make your own breakfast

What to do

- Talk about hand hygiene, getting everything ready first and the best order to carry out each task.
- Reduce risks of spilling and wastage by decanting milk into a small jug, cereal into a smaller container and jam or spread can be spooned onto a plate –*this will need some patience and lots of praise.*
- Consider which tasks will always need adult input (toasting bread) and which can be increasingly left to your child as they become more confident (pouring cereal from a box).
- Example breakfast tasks:
 - i) *Laying the table*
 - ii) *Spreading butter and jam on toast*
 - iii) *Pouring cereal and then milk into a bowl*
 - iv) *Breaking eggs and mixing batter for pancakes*
 - v) *Clearing up after eating*

Extension

Create a list of breakfasts together and encourage your child to choose and organise what they need each morning. Make breakfast for someone else.

What you need

Breakfast food

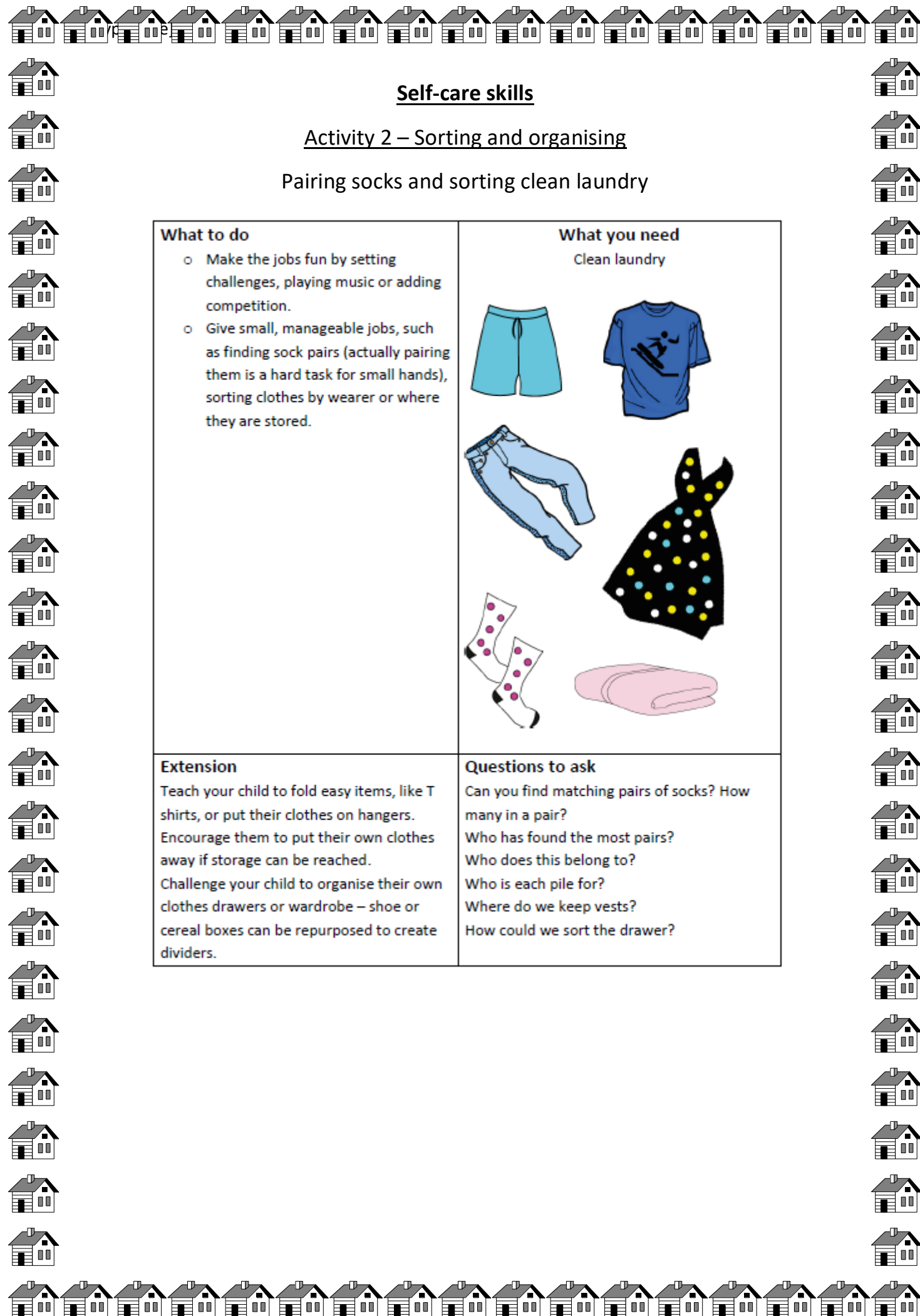
Jugs, bowls and spoons for decanting

Cutlery and crockery



Questions to ask

What must we always do before cooking and eating? *Wash hands!*
 What ingredients will we need?
 What do we need to put on the table?
 How can we slow down how fast the cereal will come out of the box?
 What's your favourite breakfast?

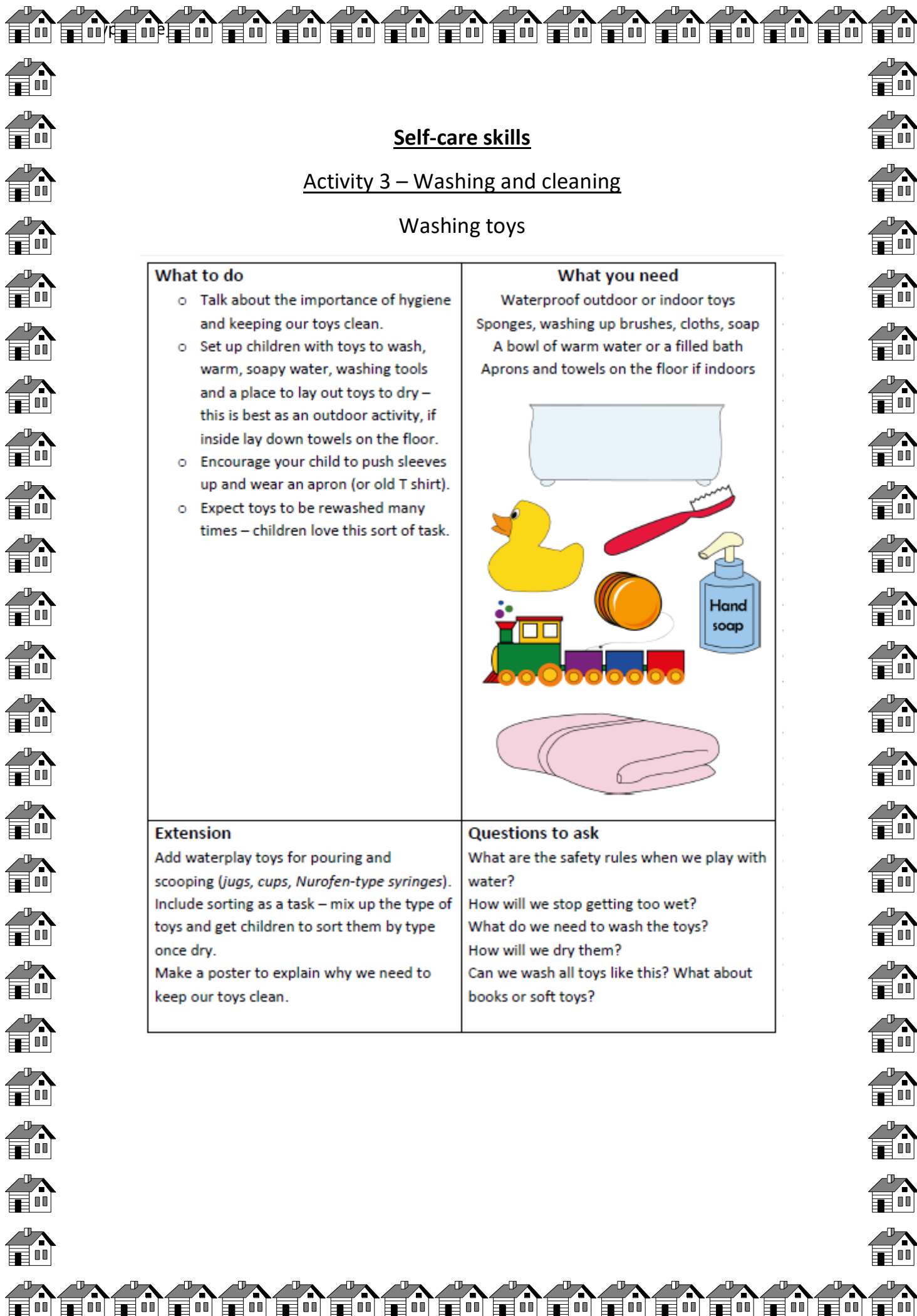


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Activity 2 – Sorting and organising

Pairing socks and sorting clean laundry

What to do ○ Make the jobs fun by setting challenges, playing music or adding competition. ○ Give small, manageable jobs, such as finding sock pairs (actually pairing them is a hard task for small hands), sorting clothes by wearer or where they are stored.	What you need Clean laundry 
Extension Teach your child to fold easy items, like T shirts, or put their clothes on hangers. Encourage them to put their own clothes away if storage can be reached. Challenge your child to organise their own clothes drawers or wardrobe – shoe or cereal boxes can be repurposed to create dividers.	Questions to ask Can you find matching pairs of socks? How many in a pair? Who has found the most pairs? Who does this belong to? Who is each pile for? Where do we keep vests? How could we sort the drawer?



Self-care skills

Activity 3 – Washing and cleaning

Washing toys

What to do

- Talk about the importance of hygiene and keeping our toys clean.
- Set up children with toys to wash, warm, soapy water, washing tools and a place to lay out toys to dry – this is best as an outdoor activity, if inside lay down towels on the floor.
- Encourage your child to push sleeves up and wear an apron (or old T shirt).
- Expect toys to be rewashed many times – children love this sort of task.

What you need

Waterproof outdoor or indoor toys
Sponges, washing up brushes, cloths, soap
A bowl of warm water or a filled bath
Aprons and towels on the floor if indoors



Extension

Add waterplay toys for pouring and scooping (*jugs, cups, Nurofen-type syringes*). Include sorting as a task – mix up the type of toys and get children to sort them by type once dry.
Make a poster to explain why we need to keep our toys clean.

Questions to ask

What are the safety rules when we play with water?
How will we stop getting too wet?
What do we need to wash the toys?
How will we dry them?
Can we wash all toys like this? What about books or soft toys?