



Life Skills



Information for Grown ups

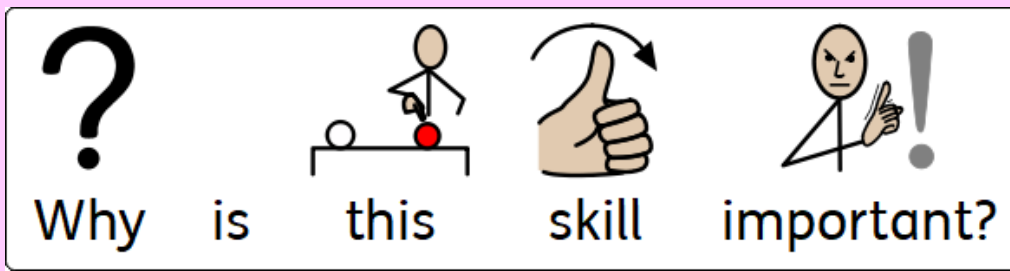


How to use this learning resource

1. Work through the different pages.
Complete the activities together.
2. Follow the steps to learn and practice the skill.
3. Click the links to find more information.
4. Complete the additional ideas and activities to help you practice the skill.



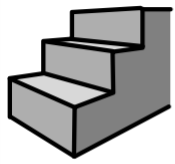
Washing up



Teaching your child to wash dishes has numerous benefits and even helps with the development of life skills.

- For younger children it promotes the use of fine motor skills, and it encourages learning through play with water and bubbles.
- For older children it encourages cleanliness, discipline and helps them feel as though they are contributing to the household.

It is an important opportunity for developing and promoting independence.



Steps to success



Tap



for

more



information

Make sure your child can reach the sink - provide steps, a step stool or a box for them to stand on if they are not tall enough.



steps



stool



box

Make sure the space around the sink is safe - remove any sharp or fragile objects and place towels on the floor in case it gets wet.



No knives



No glasses

Ensure the equipment your child will need is within their reach - washing up bowl or sink filled with warm water, a sponge, washing up liquid.



washing up bowl



sponge



washing up liquid



Let's



Practice...

Follow the steps each time
your child washes up.

Comment on what you are doing and what your child is doing.

- I am scraping the food into the bin.
- I can see you are filling the sink with warm water.



say

1



Scrape

any



food



off

the



dishes

and



into

the



bin.

2



Squeeze

some



washing up liquid



into

the



sink

or



washing up bowl.

3



Fill

the



sink

or



washing up bowl

with



warm water

4



Put

a



dish,



cup

or



cutlery



into

the



warm water.





REMEMBER to comment



- You are drying the plate.
- I wonder what you will wash next.
- I can see that glass is clean now.



say

5



Pick up



out of

the



warm water

and



rub

the



dirt



off

with a sponge.



6



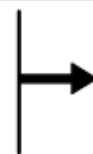
Rinse



under



water



from

the

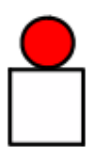


tap.

7



Place



on

the



draining board.

8



Repeat

for



the rest

of the



dishes

and



cutlery.

9



Dry

with



tea towel.





Structured sabotage

Set up situations that encourage your child to **recognise errors**, **solve problems independently** and **ask for help**.

Don't put the steps or stool next to the sink. Do they realise they can't reach and try to find something to stand on?

Hide some of the equipment. Do they realise something is missing and ask for the missing items?

Turn the cold tap on instead of the warm tap. Do they recognise the temperature is wrong? Do they change taps?

Give them clean dishes to wash. Do they recognise that they do not need washing?



Additional ideas



A day full of opportunities!



There are lots of opportunities for your child to wash up every day. Encourage them to practice after every meal or whenever they use a dish, cup or cutlery.



Practice



Encourage your child to practice the skills involved by washing different toys in the sink, large containers outside or the bath at bath time.



Role Play



Set up a pretend washing up station outside. Give your child plastic dishes etc. to wash. Encourage them to get the dishes dirty first with sauces, mud, paint etc. and then they can get them clean again.



Role Play

Cafe

or

Restaurant



Play pretend café or restaurant with your child. After they have made and served the food, they can clear the dishes and wash them ready for the next customer.