

Completes personal care tasks without help.

(washing hands, dressing, toileting, etc.)

Activity: Let your child help during bath time. Give them the washcloth. This will make bath time a little longer so take the time to enjoy encouraging your child. Give lots of praise, "you did such a great job washing your hair tonight, now it's all clean and smells wonderful!"



Why: Giving your baby time, encouraging them to try, and praising their attempts will help them enjoy learning. When you enjoy learning, it is easier!

Activity: Hand your baby a plastic cup with a little water or juice and wait to see what she will do. Let her experiment. Have a towel nearby to wipe up any spills and gently help her turn the cup upright as you explain "oops, we have to keep the cup tipped up so all our water/juice doesn't run out!"

Why: While the first few attempts might be messy, practice is necessary to drink out of a cup correctly. Practice lets your baby build up the muscles and skills needed to drink out of a cup.



Activity: Encourage baby to feed himself by offering soft foods like banana or sticky food like mashed potatoes that will stick to a spoon. This activity will definitely get messy so be prepared with a damp towel and a lot of patience. Some food may even go flying when he gets excited and waves his hands!

Why: Eating will definitely be messy, but practice makes perfect! Baby still needs to build up those muscles and try out new motions to build hand-eye coordination.