

Completes personal care tasks without help.

(washing hands, dressing, toileting, etc.)

Activity: Create routines for common activities, such as getting ready for the day in the morning or getting ready for bed at night. When you remind your preschool to do the tasks in their routine, encourage her to do them in the same order.

Why: Repetition creates habits, making every-day tasks easier to remember. Routines also help your preschooler know what you expect of her.



Activity: Make a game out of getting dressed. Help your preschool count how many items he puts on correctly by himself. It's okay to let him struggle with zippers or buttons at little as he learns.

Why: Dressing themselves makes children feel confident. And once they start school, their teacher will not be able to help them every time they need to put on their coat or tie their shoes.



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