

TIPS TO HELP CHILDREN DEVELOP SELF-HELP SKILLS

SPEECH AND SOUND

- When your child starts a conversation, give your full attention whenever possible. Repeat back for clarification. Make sure that you have your child's attention before you speak (eye contact).
- Pause after speaking. This gives your child a chance to continue the conversation.
- Continue to build vocabulary. Introduce a new word and offer its definition, or use it in a context that is easily understood.
- Talk about spatial relationships (first, middle, and last; right and left; beside and under) and opposites (up and down; on and off).
- Help your child follow two- and three-step directions: "Go to your room, and bring me your book."
- Encourage your child to give directions. Follow his or her directions as he or she explains how to build a tower of blocks.

See more at: <http://www.asha.org/public/speech/development/parent-stim-activities.htm#sthash.IUB1aNYE.dpuf>

PHYSICAL DEVELOPMENT

- Take your child to the park to play on outdoor equipment.
- Provide experiences with scissors.
- Provide opportunities with balls, jump ropes, etc.

SOCIAL/EMOTIONAL MATURITY

- Provide opportunities for your child to play with other children.
- Role play different scenarios that may occur during play with your child.
- Describe to your child ways of solving disagreements with others.
- Let your child know that all feelings are okay.

COGNITIVE READINESS

- Provide opportunities for your child to use glue, crayons, markers, and pencils.
- Play games such as Simon Says which encourages children to follow directions.
- Provide opportunities for your child to play with toys that require thinking such as puzzles or sorting games.
- Read to your child every day.
- Keep magnet letters on your refrigerator for your child to explore.

SELF HELP

- Allow your child to have one or more routine responsibilities (putting away clothes/toys).
- Allow your child to dress independently, and provide encouragement to pick out clothes appropriate to seasons.
- Provide children with ideas and activities that can be completed independently for a short period of time.

SUGGESTED READING

Welcome to Kindergarten by Anne Rockwell
When you Go to Kindergarten by James Howe
Miss Kindergarten Gets Ready for Kindergarten by Joseph Slate
Look Out Kindergarten Here I Come by Nance Carlson
Countdown to Kindergarten by Allison McGhee
Kindergarten Kids: Riddles, Rebuses Wiggles, Giggles & More by Stephanie Calmenson
We Share Everything! By Robert Munsch
The Kissing Hand by Audrey Penn
Jessica by Kevin Henkes
Owen by Kevin Henkes
The Night Before Kindergarten by Natasha Wing

WEBSITES

www.pbskids.org
www.nickjr.com
www.playhousedisney.com
www.sesameworkshop.org