

# Self-Care Skills for KIDS

## Let's work together to build independence!

Your monthly tips and tricks newsletter completed by your School Occupational Therapist (OT)!

### Meal time

1. **Prompt** the student to try opening their container first before assisting them. Walk them through it or demonstrate the skill!
2. Include **play activities** that involve opening containers and closing zip-lock bags. Such as: opening play dough containers, storing small toys in closed bins instead of open bins or in zip-lock bags.



### Dressing

1. **Play dress-up:** Provide opportunities to practice their dressing skills without the pressure of time constraints.
2. Increase the **size** of the zipper or add a **keychain** to the zipper to make it easier to grab.
3. **Shoes:**
  - a. Cut a sticker in half.
  - b. Place the left half on the inside of the left shoe & the right half of the sticker on the inside of the right shoe.
  - c. When the child lines up their shoes the sticker will form the picture correctly.



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