

## Self-Care

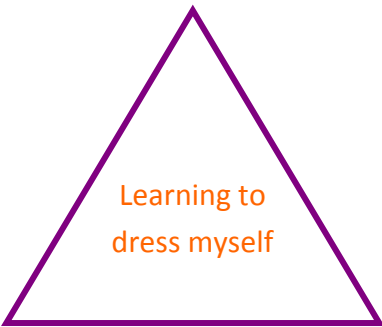
### Learning to dress, feed and care for myself



Think about.....

- What can the child do now?
- What are the next skills needed?
- Make a plan to help.

- Get inspired, talk to others and share ideas.
- Do the plan. Keep practicing. It may take some time but it's worth it.



Learning to  
dress myself

1. I can dress-up in lots of different clothing e.g. large clothes/shoes, pull-on clothes/shoes.

2. I can use my fingers to practice using different fasteners e.g. zips, large buttons with large button holes, Velcro fastenings, elasticated bands etc.

3. I can unzip/unbutton my coat and take off unfastened shoes/boots by myself.

4. I can push arms down sleeves of a coat with help. I can push my feet into unfastened shoes/boots. I need to be given lots of time to try these things.

5. I can fasten the zip on a coat up when you start it. If my coats has fasteners like buttons or press-studs I may still need some help. I can fasten simple shoes/boots. Shoes/boots with Velcro or pull-on shoes are easier for me to fasten.

6. I can put on my own coat and shoes \*

For more information visit [www.derbyshire.gov.uk/readyforschool](http://www.derbyshire.gov.uk/readyforschool)

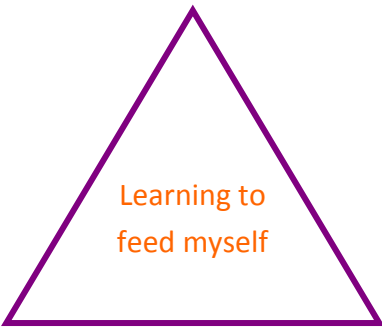
## Self-Care

### Learning to dress, feed and care for myself



Think about.....

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Learning to  
feed myself

1. I can sit at a child sized table and chair. If my feet are flat on the floor or on a box I feel more supported and can use my arms and hands more freely.

2. I can hold a spoon to scoop up my food and can put it into my mouth to feed myself.

3. I can pour my own drink from a jug but if the jug is too big or too full I may sometimes spill my drink.  
Did you know it is easier for me to pour a drink standing up!

4. I can hold an open cup with both hands and am learning to hold a cup in one hand. I am able to drink from my cup and am trying my hardest not to spill my drink.

5. I can stab food with a fork and am starting to 'chop' or 'saw' with a knife. I will still need help and support with cutting harder foods like meat. I may also still make a lot of mess when eating.

**6. I can feed myself \***

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