

Taking Care of Myself

Primary Objectives

1c. Takes care of own needs appropriately

Why It's Important

When children are very young, they obviously depend on adults to take care of any personal needs. Over time, children notice that others do these things for themselves, so they become interested in gaining some of that independence. Finally, they come to realize that in taking care of their own needs they are not only showing off their independence, but they are also keeping themselves safe and healthy.

Materials

None

What You Do

1. Look for opportunities to express appreciation when your child takes responsibility for her personal needs. *You do such a good job of washing your hands.*
2. Read books with self-help themes, such as *Jesse Bear, What Will You Wear?* by Nancy Carlstrom or *On Your Potty* by Virginia Miller.
3. Ask your child to model procedures for younger siblings or friends who might just be learning those skills. *I see that you put on your mittens to go outside. Can you show Tabitha how to put on her mittens?*
4. You can encourage your child's development in other ways, such as by hanging photographs of her working on self-care tasks or inviting her to make a story using the pictures.