

## TEACHING STRATEGIES

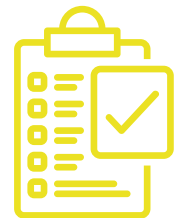
Approaches for helping your child master activities of daily living that may be challenging for them.

### Break down tasks into small steps:

- Talk through each individual step as you start a process.
- Have the child start by doing only one of the steps.
- Add on steps as they gain confidence.
- Celebrate by defining which step they completed:
  - “Good job! You pulled up your sock!” (*age and task appropriate*).

### Inspire independence:

- Use “first-then” language:
  - “First put on your socks, then put on your shoes.”
- Guide their hands/arms when coaching a skill:
  - Putting a shirt over the head, pulling up pants or socks
- Allow child to find the most comfortable position:
  - Sitting on a bed or chair, leaning against something, or standing.
- Use checklists:
  - Step-by-step visual checklists for younger children
  - Written checklists for older children.



### Be patient & make it FUN!

- Be flexible & help them find what works for them.
- Choose an optimal time for learning or practicing a new task:
  - Plan sessions for a low-stress time.
  - Allow plenty of time for trial and error.
- Know your and your child’s limits!
  - Keep length of coaching sessions age appropriate.
  - Take a break when you or child become frustrated.
- Be silly:
  - “Do I put the shirt over your head or on your toes?”

