

Life Skills for all

Learning at home will be different to learning at school. Your child can also learn things at home that would be difficult to learn at school and is a great opportunity to put the skills that they have learnt into real life. Children, and adults, learn all the time in everything they do!

Try to involve your child in household jobs.

- Making the bed – can they pull the duvet/ make it fit the bed/ put a pillow case on?
- Unloading the dishwasher – can they hold the spoons/ pass it to an adult/ put the spoon in the correct place in the drawer?
- Washing up (for the brave) – can they explore the bubbles/ find the items in the bowl/ wash the plate?
- Dressing – can they choose what they want to wear/ help with dressing/ do up fastenings?
- Cooking – the possibilities are endless – making choices, weighing ingredients, exploring ingredients, investigate what happens when you mix ingredients.
- Hoovering – can they push/ pull/ move the Hoover in different direction/ pick up a small piece of paper on the floor?
- Bathtime – fill and empty different containers,
- Garden – help plant seeds/ sweep/ weed/ experience different weathers/ care for the plants.
- Washing clothes – can they put items in the washing machine/ take clothes out/ sort clothes/ pair socks up

All the above will also help to develop your child's ability to follow instruction, explore, persevere, learn routines, anticipate and solve problems.