

Internet Resources Related to Self-care and Independence

Teaching Children to Become Independent with Daily Routines

From The Center on the Social and Emotional Foundations for Early Learning, Vanderbilt University.

The article describes and emphasizes developmental sequences and skills and provides a step-by-step process for teaching skills.

http://csefel.vanderbilt.edu/documents/teaching_routines.pdf

Giant List of Self-Care Skills for Babies, Toddlers and Preschoolers

From Positive Parenting Connection

<https://www.positiveparentingconnection.net/giant-list-of-self-care-skills-for-babiestoddlers-and-preschoolers/>

Strategies for Helping Pre-School and School-Age Children Develop Self-Help Skills in the Inclusive Child Care Setting

From Texas A&M AgriLife Extension, Texas Department of Family and Protective Services.

The article describes the use principles of developmentally appropriate practice to select strategies that are best practices to promote self-help skills.

http://extensiononline.tamu.edu/online_course_material/Course610/file/selfhelpscript.pdf

Ten Tips to Teach Children Self-help Skills

From Your Therapy Source

The article provides ten simple strategies and some photo examples.

<https://www.yourtherapysource.com/blog1/2015/11/23/10-tips-to-teach-children-self-help-skills/>