



## Room Three

### Head Teacher – Debbie



Dear Parents,

Last month meant a bit of change in routine when in level 3, but I hope you all enjoyed the extra family time.

We are all looking forward to getting back to normality and starting our Transition to School programme again with all the exciting activities.

To help our children get ready for the next big step to school we thought we would share some ideas for practicing important self-help skills:

#### Self-care skills:

- Washing hands is a tricky one. Ensuring that children understand that it isn't only for keeping hands clean but that it is to get rid of germs that could make us sick. Having the correct amount of soap and making sure the whole hand is washed. A handy strategy is to teach them to sing the Happy Birthday song twice while washing.
- Brushing teeth is a little tricky also, but they could be encouraged to brush before and after you do the main part.
- Dressing and undressing themselves, practicing how to manipulate buttons, zippers and fasteners on shoes and bags.
- Taking responsibility for their belongings.
- Helping with simple chores around the house, sweeping, folding towels, etc.
- Helping to tidy up their toys, put their clothes and belongings away.
- Being responsible for bringing news, poetry books, etc to Happy Hearts.
- Preparing of food - certain foods lend themselves to little person preparation such as making sandwiches or spreading of condiments. They can help with stirring, adding ingredients, measuring etc.

Please feel free to share some of the self-help skills your child is practicing at home.

*Debbie*

