



## Room One

### Head Teacher – Steph



Hi Everyone

August was a slightly odd month with moving back to level 3 and adjusting to the changes. I am sure that you shared many wonderful moments with your children and have seen them change and develop each day. As the children grow each day, so does their independence and often the desire to do things themselves. This can be both exciting and challenging all at the same time.

I would love to share with you the positives of supporting your child's independence and working through the challenges. Children love and respond so well to routine; it gives them security and allows them to know what to expect next. It greatly supports their self-help skills and self-esteem as they learn to successfully achieve tasks and meet expectations.

Some great areas to support your children in developing their self-help skills in a positive manner:

#### Mealtimes:

- Encouraging them to use their knife and fork to feed themselves
- Sitting at the table while they eat
- Using a flannel to clean their hands and face when finished eating
- Taking their bowl/plate to the bench

#### Getting Dressed:

- Help select/put on items of clothing
- Trying to put on their own shoes (age permitting)
- Putting their clothes in the laundry basket

#### Tidying Toys:

- Putting toys away before getting another toy out
- Being respectful of how they use their toys

Developing these skills aligns greatly with the expectations we have for the children in Room One and what we support them in developing daily.

Take care

Steph x

