

Children's Occupational Therapy Service

# Let me try Birth - 9 months



## Washing and dressing

---

- Help me to enjoy bath times with songs and toys.
- Encourage me to splash in the bath to help me learn to use my arms and legs.
- Tell me what you are doing while you are dressing me.
- Dress me lying on my back or sitting on your knee so that I can learn to help a bit more.



## Feeding

---

- If I have a bottle, encourage me to put my hands on my bottle. As I get older, encourage me to hold it myself.
- At meal times, give me a spoon to play with.
- Let me see what food I am eating and let me play with it in my hands.
- When I am older, give me foods that I can hold in my hand and bite and chew like biscuits.

## Nappy changing

- Give me a nappy before you are going to change me so that I know what is happening.
- Let me play with clean nappies and baby wipes while you change my nappy.

**L** Let me have a go at things myself.

**E** Every time I try something new I learn.

**T** Time to practise makes it easy.

**M** Make it fun.

**E** Encourage me to try new things myself.

**T** Toileting can take a while but I will get there.

**R** Remember to give me clues if I get stuck.

**Y** You can play all sorts of games to help me learn.

If you have any concerns or would like further information about your child's development, please contact your public health nurse (health visitor) or:

**Children's Occupational Therapy Service**

Bridge Park Plaza

Bridge Park Road

Thurmaston

Leicester

LE4 8PQ

Occupational Therapy: 0116 295 2495

**If you  
need help to  
understand this  
leaflet or would like it  
in a different language  
or format such as large  
print, Braille or audio,  
please ask a  
member of  
staff.**

Date implemented: July 2018  
Review date: July 2020  
Leaflet No. 428- Edition 1  
Replaces : ct3233



Children's Occupational Therapy Service

# Let me try 9 - 18 months



## Feeding

---

- Letting me play with plastic cups and spoons will help me learn how to hold them.
- Encourage me to hold a bottle/beaker or cup with both hands.
- Be prepared for me to spill drinks as I learn.
- Let me hold a spoon at mealtimes. Encourage me to bring it up to my mouth to learn to feed myself.
- Playing with food and eating with my hands is messy but helps me to learn to feed myself.



## Washing and dressing

---

- I might like to try to pull my own shoes and socks off.
- I like to play with toys in the bath.
- I can help with washing and dressing by holding out my arms or legs when I have a bath or get dressed.
- I can help with dressing by sitting on my own or standing up when I can.

## Toileting

- If you think I have a dirty nappy, help me to tell you.
- Talk to me about what is happening when we use the toilet.
- Let me play with a clean potty. This will help me get used to it.
- Reading me stories about using the potty will help me understand what it is all about.
- Give me encouragement for trying to tell you when I need the toilet.
- Help me to wash my hands with you.

**L** Let me have a go at things myself.

**E** Every time I try something new I learn.

**T** Time to practise makes it easy.

**M** Make it fun.

**E** Encourage me to try new things myself.

**T** Toileting can take a while but I will get there.

**R** Remember to give me clues if I get stuck.

**Y** You can play all sorts of games to help me learn.

If you have any concerns or would like further information about your child's development, please contact your public health nurse (health visitor) or:

**Children's Occupational Therapy Service**

Bridge Park Plaza

Bridge Park Road

Thurmaston

Leicester

LE4 8PQ

Occupational Therapy: 0116 295 2495

**If you  
need help to  
understand this  
leaflet or would like it  
in a different language  
or format such as large  
print, Braille or audio,  
please ask a  
member of  
staff.**

Date implemented: July 2018  
Review date: July 2020  
Leaflet No. 427- Edition 1  
Replaces : ct3233

Children's Occupational Therapy Service

Let me try  
18 months - 2 years



## Washing and dressing

- Dressing up games are really fun and help me learn to dress myself.
- Even though it might be hard for me to dress myself let me try some easier bits first. (Putting arms through sleeves pulling trousers up).
- Encourage me to start trying to take my clothes off (pants and trousers) and to offer my arms and legs when you help me put my clothes on.
- Tell me which parts of my body you are washing so I know what is happening.
- Give me a flannel/sponge and encourage me to wash my face, arms and body.



## Toileting

- Let me watch you on the toilet, it helps me learn what to do.
- Use stories and songs to encourage me to sit on my potty for a few minutes.
- See if I can pull my pants down with your help.
- It will help me learn to use my potty if you ask me to use it every couple of hours.
- Give me praise for trying by using a sticker chart, it is nice for me to see how I am doing.
- Help me to wash my hands with you.

## Eating and drinking

- At mealtimes let me try having a small amount of drink from an open cup.
- If I am struggling to eat using a spoon you can help me, and then let me try.
- Let me have a spoon to play with and then I can try to use it at mealtimes.
- Tell me what I am eating so I can learn about different foods.
- Playing tea parties helps me to learn to eat and drink.

**L** Let me have a go at things myself

**E** Every time I try something new I learn

**T** Time to practise makes it easy

**M** Make it fun

**E** Encourage me to try new things myself

**T** Time to play dressing up can help me learn to dress

**R** Remember to give me clues if I get stuck

**Y** You can play all sorts of games to help me learn

If you have any concerns or would like further information about your child's development, please contact your public health nurse (health visitor) or:

**Children's Occupational Therapy Service**

Bridge Park Plaza

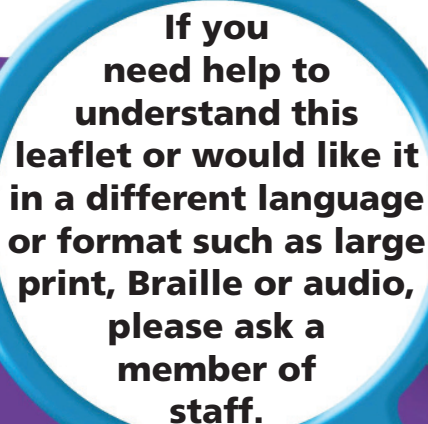
Bridge Park Road

Thurmaston

Leicester

LE4 8PQ

Occupational Therapy: 0116 295 2495



**If you  
need help to  
understand this  
leaflet or would like it  
in a different language  
or format such as large  
print, Braille or audio,  
please ask a  
member of  
staff.**

Date implemented: July 2018  
Review date: July 2020  
Leaflet No. 423 - Edition 1  
Replaces: ct3233/CCHS



Children's Occupational Therapy Service

Let me try  
2 - 3 years



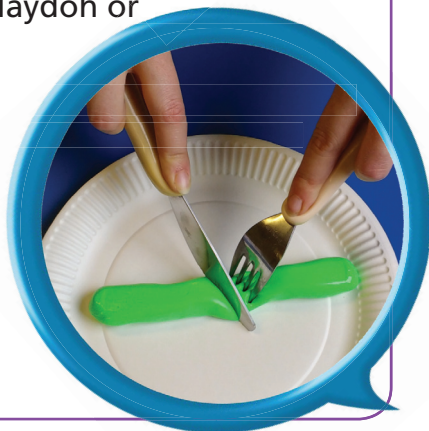
## Washing and dressing

- When washing and undressing encourage me to take my clothes off myself.
- I might like to try to put loose fitting socks on. It would be fun to try with yours, as they are easier.
- Dressing up games are fun to help me to dress.
- Playing with dolls in the bath helps me learn how to wash myself.
- Show me where to put my arms and legs in my clothes.
- Help me to guess, which order I put my clothes on, and which way round they go.
- I might like a sticker chart to show me how well I am doing.



## Eating and drinking

- Help me learn to use a knife and fork by playing games with them, like cutting up playdoh or soft fruit like bananas.
- Playing tea parties and feeding teddies and dolls can be a fun way to help me learn.
- Let me try feeding food to you.



## Toileting

- Help me to use the toilet by taking me every couple of hours.
- It might be easier for me to use a potty, as I am still small, but if I use the toilet, a child's seat and step may make me feel safer and not so wobbly.
- Praise and Sticker charts help me to know how well I am doing.
- I will need help to wipe my bottom but you can let me to have a go.
- Help me to wash my hands with you.

**L** Let me have a go at things myself.

**E** Every time I try something new I learn.

**T** Time to practise makes it easy.

**M** Make it fun.

**E** Encourage me to try new things myself.

**T** Toileting can take a while but we will get there.

**R** Remember to give me clues if I get stuck.

**Y** You can play all sorts of games to help me learn.

If you have any concerns or would like further information about your child's development, please contact your public health nurse (health visitor) or:

**Children's Occupational Therapy Service**

Bridge Park Plaza

Bridge Park Road

Thurmaston

Leicester

LE4 8PQ

Occupational Therapy: 0116 295 2495

**If you  
need help to  
understand this  
leaflet or would like it  
in a different language  
or format such as large  
print, Braille or audio,  
please ask a  
member of  
staff.**

Date implemented: July 2018  
Review date: July 2020  
Leaflet No. 424 - Edition 1  
Replaces: ct3233/CCHS

Children's Occupational Therapy Service

Let me try  
3 - 4 years



## Washing and dressing

- I can practise dressing myself by dressing dolls and teddies.
- I need help to learn how to put a zip together and do buttons before I can learn to do it myself.
- Getting dressed in front of a mirror can help me.
- Playing with clothes helps me learn which way round and what order they go on.
- Playing with dolls in the bath helps me learn how to wash.
- Let me play with a toothbrush so that I can start to learn about how to use it.



## Eating and drinking

- Cutting out pastry, playdoh can help me learn to use my knife or fork for feeding.
- Tea parties can be fun.
- Using small cutlery is better for my small hands.
- Putting marks on my cutlery helps me know where my fingers need to go.
- Give me some foods that are easy to cut so that I can have a go myself.
- Having friends over for tea helps me learn social skills and eating and drinking skills.

## Toileting

- I should be learning to use the toilet on my own now. I might need help to remember.
- Letting me watch you on the toilet helps me learn what to do as well.
- Sticker charts show me how I am doing.
- I can try to wipe my own bottom and using wet wipes makes it easier.
- Help me to wash my hands with you.

**L** Let me have a go at things myself.

**E** Every time I try something new I learn.

**T** Time to practise makes it easy.

**M** Make it fun.

**E** Encourage me to try new things myself.

**T** Toileting can take a while but we will get there.

**R** Remember to give me clues if I get stuck.

**Y** You can play all sorts of games to help me learn.

If you have any concerns or would like further information about your child's development, please contact your public health nurse (health visitor) or:

**Children's Occupational Therapy Service**

Bridge Park Plaza

Bridge Park Road

Thurmaston

Leicester

LE4 8PQ

Occupational Therapy: 0116 295 2495

**If you  
need help to  
understand this  
leaflet or would like it  
in a different language  
or format such as large  
print, Braille or audio,  
please ask a  
member of  
staff.**

Date implemented: July 2018  
Review date: July 2020  
Leaflet No. 425 - Edition 1  
Replaces : ct3233



Children's Occupational Therapy Service

Let me try  
4 - 5 years



## Washing and dressing

---

- Help me to learn how to brush my teeth by practicing on dolls or you.
- Let me have a go at brushing my teeth and then you can finish it if I can't do it all.
- Encourage me to get myself dressed as much as I can.
- Help me remember which body parts I need to wash in the bath. It's fun to wash a doll in the bath too.
- Give me time to practice these things.



## Eating and drinking

---

- Cutting out pastry, playdoh can help me learn to use my knife or fork for eating.
- Sitting at the table to eat is important to prepare me for school.
- Give me food that needs cutting up so I can learn to do this more for myself.

## Toileting

- Keep reminding me to clean myself and wash my hands myself after I have been to the toilet.
- There are lots of fun things for me to use to clean myself up which might make it easier and more fun (wet wipes, fun soap).
- Help me to wash my hands with you.

**L** Let me have a go at things myself.

**E** Every time I try something new I learn.

**T** Time to practise makes it easy.

**M** Make it fun.

**E** Encourage me to try new things myself.

**T** Toileting can take a while but we will get there.

**R** Remember to give me clues if I get stuck.

**Y** You can play all sorts of games to help me learn.

If you have any concerns or would like further information about your child's development, please contact your public health nurse (health visitor) or:

**Children's Occupational Therapy Service**

Bridge Park Plaza

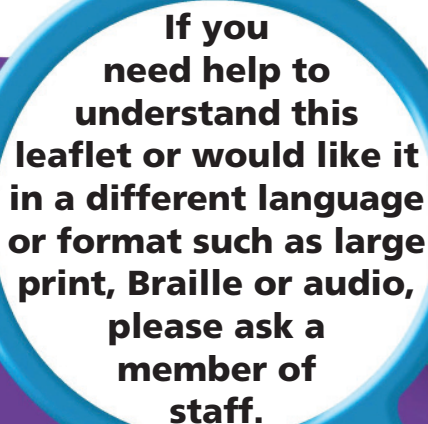
Bridge Park Road

Thurmaston

Leicester

LE4 8PQ

Occupational Therapy: 0116 295 2495



**If you  
need help to  
understand this  
leaflet or would like it  
in a different language  
or format such as large  
print, Braille or audio,  
please ask a  
member of  
staff.**

Date implemented: July 2018  
Review date: July 2020  
Leaflet No. 426 - Edition 1  
Replaces : ct3233