

Children's Occupational Therapy Service

# Let me try 18 months - 2 years



## Washing and dressing

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- 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

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- 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**

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