

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
Last reviewed: June 2020
Review date: June 2022
Leaflet No. 424 - Edition 2
Replaces: ct3233/CCHS