

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

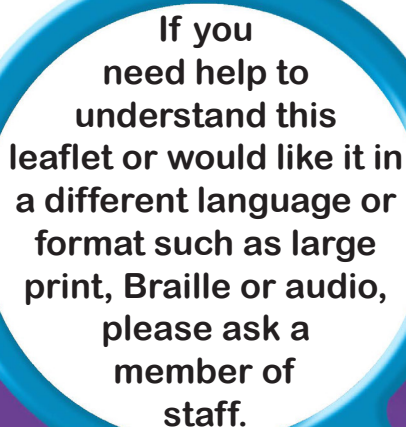
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please ask a
member of
staff.

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