

Children's Occupational Therapy Service

Let me try  
4 - 5 years



## Washing and dressing

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- 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

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- 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**

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