

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

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need help to
understand this
leaflet or would like it in
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please ask a
member of
staff.**

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