

Children's Occupational Therapy Service

# Let me try Birth - 9 months



## Washing and dressing

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- Help me to enjoy bath times with songs and toys.
- Encourage me to splash in the bath to help me learn to use my arms and legs.
- Tell me what you are doing while you are dressing me.
- Dress me lying on my back or sitting on your knee so that I can learn to help a bit more.



## Feeding

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- If I have a bottle, encourage me to put my hands on my bottle. As I get older, encourage me to hold it myself.
- At meal times, give me a spoon to play with.
- Let me see what food I am eating and let me play with it in my hands.
- When I am older, give me foods that I can hold in my hand and bite and chew like biscuits.

## Nappy changing

- Give me a nappy before you are going to change me so that I know what is happening.
- Let me play with clean nappies and baby wipes while you change my nappy.

**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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