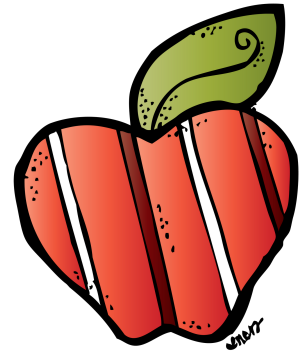


Get Ready for Kindergarten: 6 Self-Help Skills

by Marta Hernández & Natalie Augustine



Self-help skills are tasks that help children participate in life activities. One of the best ways to ensure children are ready for kindergarten is to help them master some basic self-help skills before the school year begins. This will help your child not only be ready for school and gain confidence but also be ready to learn! In the coming weeks, it would be a great idea to practice these self-help skills with your child.

1. Getting Dressed

Your child should be able to get dressed and undressed independently.

This includes:

- ★ buttoning buttons.
- ★ snapping snaps.
- ★ zipping up zippers.
- ★ buckling and unbuckling a belt.
- ★ putting on and taking off jackets and sweaters.



(Helpful tips: Be sure your child's clothes are labeled, especially sweaters and jackets. If your child wears a skirt, be sure to have shorts worn underneath. Begin practicing shoelace tying.)

2. Using the Bathroom

Your child should be able to use the bathroom independently.

This includes:

- ★ pulling clothing up and down.
- ★ wiping.
- ★ flushing the toilet.
- ★ washing hands.



3. Hygiene

Your child should be able to practice good hygiene independently.

This includes:

- ★ hand washing.
- ★ knowing when to use a tissue and how to use one properly.
- ★ knowing how to cough and sneeze into the elbow.



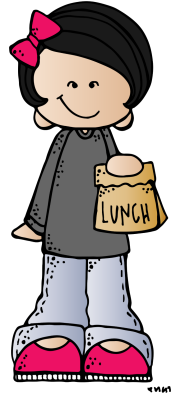
4. Meal Time

Your child should be able to eat a healthy snack or lunch independently.

This includes:

- ★ knowing how to open and close a lunch bag or box properly.
- ★ knowing how to open food packages and ziploc bags and how to remove and replace plastic container lids.
- ★ knowing how to open a straw wrapper and insert a straw into a juice pouch or box or milk container.

(Helpful tip: Be sure to label your child's lunch bag/box, water bottle, etc.)



5. Clean Up

Your child should be able to know how to clean up and organize materials.

This includes:

- ★ working with others cooperatively to clean up when instructed.
- ★ cleaning up after a task or activity.
- ★ cleaning up after snack and lunch.
- ★ putting caps on glue sticks and markers after use.



6. School Routines

Your child should be able to know how to follow school routines.

This includes:

- ★ knowing how to line up and being aware and respectful of others' personal space.
- ★ keeping hands and feet to oneself.
- ★ listening and following directions.
- ★ opening and closing a backpack and knowing how to hang it on a hook or place it in a designated area.
- ★ returning materials to school on time. (For example, Thursday Folders, field trip permission slips, photo envelopes, etc.)

