

# Be a self care champion!

Let's see how many smiley faces we can draw on the challenges below!



For every challenge completed, ask your adult to draw a smiley face! When you have completed your challenges come back to school and get your certificate!



I can pull up my own underwear/trousers.

I can sleep in my own bed.

I can put on my own coat.

I can feed myself.

I can wash my hands after using the toilet.

I can teach my adults the makaton signs for 'happy' and 'sad'.

If we want to raise our children to be responsible, we must give them responsibilities.

*To all parents and carers,  
The pandemic has been hard on our children. Many children have not had the experiences that children in the past have had. We all want the very best for our children and must recognise the impact the pandemic and lockdowns have had on children's' confidence and independence skills. For some children, this has had a significant impact on their social, emotional and physical development, including their self care skills.*

*We ask for your help to spend some time supporting your child to practice their self care skills (eg. dressing, eating). Please ask if you have any questions.*

*From the Triangle Team*

**" It is NOT WHAT YOU DO  
for your children, BUT  
what you have TAUGHT them  
TO DO FOR THEMSELVES,  
that will make them  
SUCCESSFUL human beings"**

*-Anna Louderg-*

@the018survivors.com

### **How to use this poster with your child:**

**BE POSITIVE** – say “I know you can do this” instead of “this will be difficult”.

**BE SUPPORTIVE** – some children may need lots of help and practice. Praise, praise and praise again!

**BE CONSISTENT** – it might take a bit longer, but allow children to do more for themselves and take pride in their achievements.

**HAVE FUN** – enjoy spending this time with your child and have some fun together.

**BE REALISTIC** – if children are tired or unwell, learning new skills is hard. Try to find some time when children are happy, awake and well rested.