

activities for ADAPTIVE & SELF CARE Development

Adaptive & Self Care development includes cognitive, language, gross and fine motor, and social-emotional behaviors and skills children learn and develop as they grow. As they build these behaviors and skills, children become more independent.

You can help support your child's Adaptive & Self Care development with these simple activities.

2

Create a "getting ready routine" and say the steps out loud: have breakfast, brush teeth, put on shoes. Ask your children, "What comes next?" to encourage them to think ahead, or ask, "We had breakfast and you put on your shoes, what are we missing?" to encourage critical thinking.



1

Play dress up! Putting on and taking off clothes, hats, accessories, and costumes helps children get used to dressing themselves.



3

If your child is a visual learner, draw pictures together of the steps in your routines, and reference the pictures when you talk about what's going on throughout your day. This is great for working on transitions, too.



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Allow time for free play! Taking responsibility for their own time and activities is an important adaptive behavior. Plus, when children are given unstructured time to play, they make up their own games, solve problems, and develop relationships with their peers.



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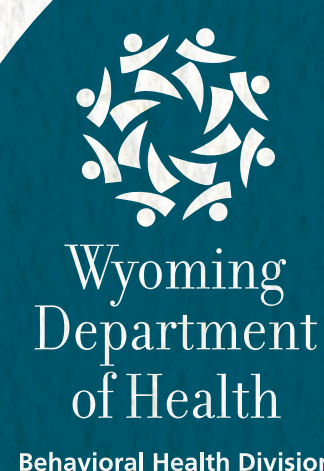
Count and read the things you see throughout your day: read street signs and name the address numbers on houses when you go for a walk; count how many blueberries are on the plate and read the back of the cereal box; count fingers and toes; read favorite books over and over again.



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Is your child meeting their milestones? Find your free developmental screening center at screenforsuccess.org/regional-map!



Screen for Success



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