

Help Children with Disabilities Build SELF CARE SKILLS

Teaching children with disabilities to take care of themselves can be incredibly empowering for them. You are helping them gain independence and confidence, which will lead to a happier life. Here are a few methods you can use to help your children learn everyday life skills such as brushing teeth, getting dressed, and going up and down stairs.

Offer Visual Guides

- Children with disabilities are visual learners. Creating a visual guide using pictures will help your child make sense of, remember, and get comfortable with the steps involved in a certain task.
- Watching videos of other people performing a task can also be helpful. These videos can be downloaded from the internet, or you can make your own!



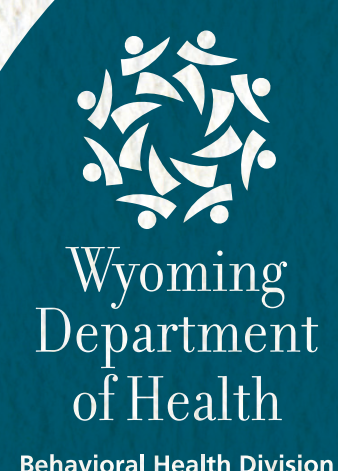
Prompting and Fading

When your child is first learning a task, they may require a lot of extra help. Prompting them to learn something new may involve physical, hand-over-hand help. As they get more comfortable with the task, you will begin to “fade” and provide help only when needed.

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Is your child meeting their
milestones? Find your free
developmental screening center at
[screenforsuccess.org/regional-map!](https://screenforsuccess.org/regional-map/)



Adapted from Verywell Family



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