

CONNECT TO THE CLASSROOM

Model and Encourage Self-Care Skills

During the infant 1 video, the teachers are helping infants during snack time. Teachers can help support children's growing independence by adjusting sippy cups and food. The teachers in this video provide assistance by:

- letting infants self feed and drink
- adjusting sippy cup so the child could grasp it more easily
- staying close by and providing assistance as needed

Practice applying the key strategies demonstrated in this interaction on your own:

- Provide opportunities for young children to practice self-care skills.
- Encourage toddlers to try to eat and drink, brush teeth, wash hands, or take off shoes or jackets by themselves.
- Use soothing words, encouragement, hand-over-hand assistance, or start the task for them and let them finish it.

When you are finished, reflect on the following questions:

1 What activity did you use to model and encourage self-care skills?

2 How did the baby or toddler respond? What specifically did they do?

3 What was challenging? What were roadblocks to modeling and encouraging self-care skills?

4 What could you have done differently to model and encourage self-care skills?

