



## Developing Self Help Skills For School Readiness

Self-help skills enable children to meet his own needs and involve activities and behaviours that eventually lead to independence.

### Development includes:

- use the toilet unassisted
- dress and undress, independently
- deal with small amounts of supervision
- unpack own lunch box and drink from a drink bottle
- deal with a structured environment
  - can tend to own needs
  - recognise own belongings
  - toilet self independently
  - dress self