

Acknowledging Efforts

Primary Objectives

1c. Takes care of own needs appropriately

Why It's Important

Acknowledging and encouraging your child's efforts to perform simple personal care tasks can help him persist through challenging tasks and become self-motivating.

Materials

None

What You Do

1. Observe your child as he attempts to perform simple personal care tasks.
2. Acknowledge what he is doing by describing his actions. *You took your socks off all by yourself!*
3. If your child does something to assist you, thank him and offer encouragement. *Thank you for lifting up your legs. That makes it easier for me to take off this dirty diaper.*
4. As your child continues to attempt simple personal care tasks, encourage him to participate in more complex ones as well. *I see you took your socks off by yourself. Can you help me put them back on so we can go outside?*
5. Give your child a moment to think about your words, and then continue with more explicit directions. *Where is your foot? There it is! Let's put on one sock. Okay, where is your other foot? There it is! Let's put on the other sock. All done!*
6. Look for other moments throughout the day to acknowledge your child's efforts.