

# This Is the Way

## Primary Objectives

1c. Takes care of own needs appropriately

## Why It's Important

Although your child may not be ready to personally attend to her needs, she benefits from the example you set for her. By simplifying everyday tasks and consistently focusing on her immediate needs, you reinforce your child's understanding of what it means to be responsible for her well-being.

## Materials

None

## What You Do

1. Use the following song for any task you attend to for your child, sung to the tune of "The Wheels on the Bus": *This is the way we wash our hands, wash our hands, wash our hands. This is the way we wash our hands, while having fun together.*
2. Invite your child to sing with you so that she remains focused on the task. *It is time to wash your hands. Can you sing with me?*
3. Observe as your child pays attention to your actions and descriptions. Be aware of her patience and willingness to assist.
4. Offer positive feedback when your child cooperates with you during the task. Encourage her efforts to take care of her own needs. *You really worked hard to put your arm through your sleeve.*
5. Remind her that she is working hard so that she will be able to wash her own hands, put on her coat, tie her shoes, and do other self-help tasks without assistance.