

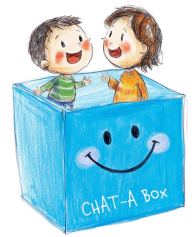
# Building Independence



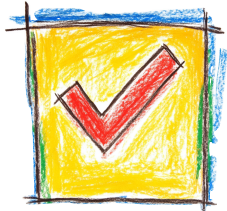
## Instructions

- Choose up to 5 simple, achievable tasks for your child to work towards. You can use the longer list for ideas.
- Write your selected tasks into the chart.
- Perhaps draw a picture too so that your child can understand and be reminded what the tasks are.
- If something is too hard right now, try breaking it down into smaller and smaller steps as appropriate.
- Let your child help you to think of a reward for when all tasks are completed. Write or draw a picture of the reward at the bottom of the chart.
- Celebrate each achievement, tick it off or add a sticker.
- You can download and print off another chart at:  
[www.goodstartgreatstart.com](http://www.goodstartgreatstart.com)





# I can...






my Reward !



# I can....



	Wash and dry my hands by myself
	Hang up my coat
	Recognise my written name
	Fetch something for someone
	Help put things away
	Set the table
	Help do the dishes
	Put rubbish in the bin
	Go to the toilet by myself
	Put on my socks
	Put on my shoes
	Put on my coat
	Undo a button
	Do up a button
	Undo a zip
	Do up a zip
	Ask for help when I need it
	Do little chores in the house
	Choose things for myself
	Play on my own sometimes
	Help prepare food
	Pour a drink for myself
	Help make my bed
	Put laundry in the basket
	Dress and undress myself
	Use cutlery and eat by myself