



Self-Help Skills

First and Last Name

Your child should know their first and last name. This is a safety issue. This will allow school staff to quickly look your child up in the computer system to take them to their classroom should they forget the name of their teacher. First and last names are also important in the nurse's office and on the bus.

Bonus : Have your child learn parent(s) name(s).

Self Care Skills

Make sure your child can:

- use the bathroom independently
- fasten all closures on clothes
- fasten all closures on shoes
- put on/take off coat including zipping the zipper
- wash hands
- blow nose with a tissue (not just wipe their nose)