

Teaching Independent Living Skills

Why Independent Living Skills Matter

Independent skills—such as dressing, self-care, cleaning up, and simple chores—help build confidence and autonomy.

How to Teach These Skills

- Break tasks into small, manageable steps.
- Model each step clearly.
- Provide prompts only as needed.
- Use reinforcement to encourage progress.

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Examples of Skills

- Dressing
- Toileting
- Brushing teeth
- Washing hands
- Cleaning up toys
- Simple mealtime routines

Building Success

Allow practice time, encourage effort, and celebrate independence as your child gains new skills.

