

What are some language and/or communication skills that children learn from their parents?

Not at all

We are doing good :)

not overwhelmed

English

non verbal communication

They can learn from what we do and say.
Modeling is great!

asking for help, labelling objects, getting preferred items, avoiding non preferred items

Sorting clothing into different sub-categories, matching (socks), matching clothing to correct drawers

Dressing...What Skills Can We Teach?

dexterity, order of operations, communication

Color coordination

Making choices on what to wear

Coordinate colors

privacy

Where to put dirty clothes

Choosing clothes to wear

Selecting clothes appropriate for the weather

making choices for what he wants to wear.... advocating for himself

Dressing...What Skills Can We Teach?

Motor skills

Sorting, fine motor skills when doing buttons

Preparing what to wear for the day

Clean dirty

Chosing clothing night prior, clothes appropriate to season, buttons, righting inside out clothes. Privacy while dressing.

Thinking about the schedule for the day and dressing for it

colorsprepositionscountingbody partsreceptive
identificationexpressive identificationrequesting
helpseason/weather - clothing to wear

Wear the tag is and wear it should be when getting dressed

Shirt tag is on the back and inside

Dressing...What Skills Can We Teach?

Labelling body parts, fine motor skills, deciding how many layers depending on the weather, choosing what to wear

Motor coordination

Weather

First this, then that

Hygiene

Giving choice

Fine motor buttons zippers

Colors

Where to put dirty clothes and choosing what to wear

Dressing...What Skills Can We Teach?

Weather

fine motor skills, self care, organize, choices and independence

Picking appropriate clothing according to weather

Following directions. Hand-eye coordination. Fine-motor skills. Spatial awareness.

Making choices
Learning words around clothing and body parts
Privacy
Appropriateness of clothing for weather

Planning

fine motor skills

Names of clothing

Sequencing

Dressing...What Skills Can We Teach?

Folding clothes

Motor skills

Math skills

Choices, colors, sizes, different types of clothes for different seasons or activities, matching, etc.

Balance, Learning left and right

Decision making

Sustained attention

Dressing for the season ie weather, color coordination, development of fine motor skills ie zippers and buttons, need to wear clean clothes ie wrinkled vs pressed dirty vs clean

colors, making choices, labelling clothing items, right and left, body parts, temperature, seasons, gender, sizes

Dressing...What Skills Can We Teach?

eye gaze

What to put on first: pants, shirt,...

turn taking

Communication on color coordination

Visual perceptual skills

zippers buttons tie shoes clothes on straight clothes not inside out

Listening, practice fine motor/gross motor skill, eye- hand Coordination ...

pointing

Putting on the shirt and pants, socks

Dressing...What Skills Can We Teach?

Back-and-forth interactions, learning to show respect and be thankful, and learning to organize his thoughts in a sequential manner

Thank you!

Scrubbing their bodies

How to put one leg into one pant leg not two.

Important parts to be cleaned

From Head to toe cleaning. Water temperature

buttons/ziper/shoe laces, inside/outside, front/back

clean vs dirty, private parts, rinsing off

Privacy, sequences of bathing

Dressing...What Skills Can We Teach?

SafetyPrivacyBody partsPortioning of shampoo etc

Learning body parts , naming the bathing necessities, cold and hot water,

Making sure towel is close to grab, space

Safety (from falling), coordination, balance, using shampoo, rinsing hair, washing body, privacy

Put on outfit , get the backpack, say bye to teacher

Check surroundings safetyMake sure all stuffs brought outEmergency numbers

Turn taking , make choice

Showering...What Skills Can We Teach?

safety in surroundings

Appropriate use of materials (not too much shampoo)

visual schedule

Order of body parts to wash

Turning on taps, hot, cold, gauging temp

Water safety

Water safety

Turn on tap...water temperature

Sequencing

Showering...What Skills Can We Teach?

sensory skillswater temperature adjusting skills

large motor skills, coordination, balance, privacy

public/private

Body parts, follow a sequence. Be sure to wash and also rinse.

Don't force him/her

Having clothes and towel ready before getting in

Attention to detail making sure every part of the body is clean

Science - how soap washes awayOpposites - dry and wet; hot and coldCommunication

time , body parts, quantity, time of day, privacy, making requests, sequencing,...

Showering...What Skills Can We Teach?

Washing, what different body parts are, proper hygiene, privacy, how to apply products, how to rinse properly, etc.

Hygiene, labeling, preparing clothes for after shower

Give 5 minutes time and start the water

What to prepare before showering

How to lather hair in order to clean hair and scalp.

Eye hand coordination

Hygiene, safety, temperature, privacy, length of time, wet and dry

The order to start and end the shower

Safety with the products and water as well as order of washing (shampoo then conditioner)

Showering...What Skills Can We Teach?

Don't drink bath water
Close eyes when rinsing
shampooed hair

Making a choice between preferred activities.
Passage of time, visual timer.

Not to be scared
How to get into the tub
safely
Temperature of water
Not to slip in the
tub
Not to get soap in the eyes
How to wash the
body

Selecting the water temp that is just right for them

Leaving for School...What Skills Can We Teach?

Packing the backpack

Use of checklist/remembering to pack necessary items

Road safety, crossing the road

Time management

Weight for turn

Planning for the day, packing the whats needed

Sequence of events

time management

Not getting stuck, staying on task getting ready.
Telling time would help but our son is not able to yet.

Leaving for School...What Skills Can We Teach?

coat, socks, hat, shoes on

how to break skills down into steps, following a visual schedule, Time concepts, dressing, packing...

Planning, what do i need, packing lunch, homework, getting dressed, weather,

making sure he has everything needed loaded in backpack, extra gloves etc. if weather is bad

Gathering all necessary items required for day

Schedule, what do you do first when you get to school. Preloading

schedule, prioritizing, communication, stress management

Dress for weather

Time skills, dress for weather, packing items, road safety,

Leaving for School...What Skills Can We Teach?

Wearing clothes suitable for the weather

List of clothing needed for weather.

Planning/what do you need
Schedule
Safety
Dressing

Organizing - checking to see if everything's packed
Social interaction - saying goodbye

Dressing sequence

Timer for each task, breakfast, teeth, dressed,

Timetables, organizational skills ie bring lunch, bus pass, dress for the weather

Transitioning

Ensure to have all belongings needed and the daily schedule

Leaving for School...What Skills Can We Teach?

Lots of reminders to stay on the group

Check all belongings

Routine errands

Order of getting ready, time management, being on time, being prepared the night before

road safetyTime managementFollow routines

Rain gear to prepare

saying good bye properly

Knowing the time for the end of school dayWhere to waitWho to leave with Not to leave the school yard

Preparing calming and regulating strategies for the day.

Leaving for School...What Skills Can We Teach?

What clothes to put on, visual schedule to follow, how to control yourself in a vehicle whether tantrum, seatbelts in vehicle, throwing things out windows, etc.

pack the backpack the night before

Mealtime...What Skills Can We Teach?

Attention to task (transitioning without specific time frame)

Setting table

portion amounts, measuring, knife safety, time management

Safety (size of bites, chewing before swallowing, use of knife)

Nutrition - what's good for our body
Sensory - taste, texture, temperature, etc.
Problem-solving - how to peel, pick out seeds, divide food, etc.

health, ability to sit, social nuances, manners, using a utensils, setting a table, clearing dishes

Finger coordination, initiation, cooperation

Know when to stop eating when full and do not waste food

Conversational turns.

Mealtime...What Skills Can We Teach?

Table Manner

Food groups

No talking while eating

Choosing snacks on own , making choices

Fine motor skills, balanced healthy meal,
tempature, meal prep, cooking skills, cutting skills,
kitchen safety

Healthy food choices

Meal preparation, sequencing the tasks

Transitioning, setting up the table,Clean up time,
washing dishes

portion control, healthy choices, cordination,
social skills

Mealtime...What Skills Can We Teach?

Communication with family, learning to ask questions. Serving yourself, learning appropriate serving sizes, nutrition, what is healthy.

Language to request and describe foodHave fun and don't pressure themUsing utensils Setting table

Time management skills

Table Manners

conversations, eating safely,

Wash hands and seating table

Table mannerBalance dietRespect food

fork spoon. drink, choices

Gives ahead meal time

Mealtime...What Skills Can We Teach?

What to eat and what time to eat it What is healthier what part of the body is the food good for and why

Manner

Fine and gross motor. Eg puzzles, exercise

Food groups which is important daily

to eat slowly and to look at the nutritional value the food has for our bodies

Cleaning up

We can teach fine motor skills and social skills.

Life cycle of food, how the food translates into feeding your body.

Using utensils, setting the table, hot and cold, how to prepare certain dishes, what do you need to make the food, etc.

Independent Play or Leisure...What Skills Can We Teach?

No throwing toys

how to self sooth

time management , independence, choosing something safe without support, imagination building

Cognition skills Age appropriate toys

Time management skills

Preparing, what they need to play. Cleaning up. Pretend play, coordination, time management.

Social Communication

Safety in room

Turn taking

Independent Play or Leisure...What Skills Can We Teach?

independence

give them choices of activities...blocks, play dough, crayons with paper

Making a plan with free time. Playing drums, musical instruments. Our 16 year old still wants to play with stuffies/ didn't do pretend play til 8 or 9 (down syndrome and autism). We allow this at home but what are your thoughts?

Personal space, role playing, perspective taking

independence, sequencing, preferences, waiting

Play with peer or brother and parents watching safety

Independent choice makingFollowing activity scheduleMotor skillsProblem solving

cognitive skills by doing puzzlescritical thinking by building blocksDecision making

Learn to clean up afterward, time management, and decision making

Independent Play or Leisure...What Skills Can We Teach?

we can teach take turns and shairng.

Clean up between tasks

Imagination - Pretend play; role-playing
Organization - planning and executing ideas

personal interests, hobbies; activity choices based on what others are doing

How important reading is. Choose a book.

Enjoying your own company.

Cleaning up after

Timer skills... Indepenent time 30 minites

Independence

Independent Play or Leisure...What Skills Can We Teach?

Safety, clean up time after play, washing hands

choosing an activity
Music
Art and craft
paint
clay
drawing
coloring

Vocabulary related to cooking

Meal Preparation...What Skills Can We Teach?

set the table and support it with PECS

safety, measuring, math, order, cleaning

Following directions, measuring, food choices

Safety

First-then

Food Safety, Following recipes

collecting stuff follow recipe

Bakeing/cooking teach fractions /division

Meal planning. Shopping list. Calendar of meals

Meal Preparation...What Skills Can We Teach?

measuring, fine motor skills; cutting, ripping lettuce, time management

Following recipe Measuring Knife safety Stove/oven use
Various types of kitchen utensils Time management

Making a grocery list and location of items at the grocery store.

Following instructions, gathering items, attention to detail (measuring), asking for help, math skills, setting the table, dexterity

Safety around the stove

Order of preparation

Follow , safety , cutting chopping following instruction

Sharing task to children don't do all by yourself

Receptive and expressive language skills as we as measurement and counting

Meal Preparation...What Skills Can We Teach?

Food safety, healthy choices, planning, food science

Follow the instruction

Food safety

Safety, fine motor skills, prepping, cooking, language, different tastes, health, likes and dislikes, planning

safety, hygiene, health, food groups, quantity, reading, measuring

Choice of meal

Gathering ingredients, getting cutting board and supplies, using a knife safely, using can openers, following directions and asking what the next task is instead of being told. Following visual schedule as he can't read.

Self help skills

set table, veggies or fruit in bowl, my son is 3years

Meal Preparation...What Skills Can We Teach?

How to share tasks

Safety knivesWhat tools to prepare with what foodWash food

Hand-eye coordinationNutritionOrganizationChemical reactions

Portioning, washing hands, proper food handling

safety skills, quantities, balancing a meal, canada food guidelines, healthy choices, importance of hygiene and cleaning up after yourself

Safety and open all the packages

Home Upkeep...What Skills Can We Teach?

laundry, sweeping, mopping, dusting, garbage day, cleaning up after ourselves

Coordination, sweeping

Sequencing skills

Vacuum all the corners and pick things off floor beforehand

mopping skillsOrganizing closet

Laundry, sweeping, dishes, putting things away in the right place

Load dishwasher

LaundryClean FloorsBedding

Putting things back- away.

Home Upkeep...What Skills Can We Teach?

What the end result looks like, to know when the task is done

Responsibility
Time management

Attention to detail

Household skills, home security, managing tasks, gathering materials

vacuuming with noise-canceling headphones if sensitive to noise

Scheduling
Planning what is needed
Safety when using cleaning products
How to do each task correctly

Folding laundry/laundry, vacuuming, taking the garbage out

Safety /proper handling chemical cleaning supplies.

planning, communication, fine and gross motor skills

Home Upkeep...What Skills Can We Teach?

Heavy work - body regulation. Planning, sequencing, safety, hygiene,

dusting- give him a duster, laundry-he puts one item at a time in the washing machine, can do sorting of items and colours

Putting things back to where you took it from

Schedule weekly jobs on the calendar, individual looks at calendar to see what house job they have to do. Daily jobs versus weekly jobs)

Responsibility

Chore chart

Organization skills (sorting folded clothes)

Help with grocery shopping Planting a garden

The dos and don'ts on the carpeted area, folding clothes, sweeping or dusting

Home Upkeep...What Skills Can We Teach?

budget, time management, phone skills, communication, cleaning, task analysis, team work, asking for help, delegating

dishes garbage outdustingclean their roomdo laundrybath roomvacuumingsweepingwater plantsfeed animals

Gives own room to start

Personal hygiene skills

Vacuuming, dusty, cleaning washroom, windows, laundry. What really takes the stress off parents is if school workers or programs can initiate learning these skills. I found our son resisted transitioning off play to work. We needed others to help

measuring the soap, separating colors, electronic skills

distinguishing between dirty and clean, products to use and product safety, supplies needed, laundry, how much soap to put in, sorting colors, cleaning dryer lint trap for safety, dishes, quality control is it really clean,

Swiping the floor and cleaning the table

Laundry...What Skills Can We Teach?

amount of laundry soap

Following verbal and/or written instructions

how much detergent needs to add

Sort out colors from bright to light vision skills

Bilateral coordination

Sorting and folding

Sorting by color

Laundry Symbol recognition

Hygiene, dirty vs clean, putting things away, matching,
measuring

Laundry...What Skills Can We Teach?

Size of the load, temperature, pouring detergent, measuring,

measuring detergent, sorting colours, first then

Sorting different fabrics, colors, and use the appropriate amount of detergent

Sorting, colours, cold/hot water wash,

sorting, matching, colors, measuring, counting, organization, sequencing, following a visual schedule

planning, observing what is dirty and clean. Measuring soap, time management, folding, putting away. Matching socks.organizing drawers

How to hang a shirt

Sorting, matching, organizing, order things need to be done,

SortingMeasuring Sequencing

Laundry...What Skills Can We Teach?

sorting, chemical safety, fine motor, communication, colors,

Sorting the colour and put on the machine and put laundry detergent

Clean verse dirty. White verse dark
Reading washing instructions label

Measuring
Sorting by colour or type
Choosing appropriate water temp and cycle
Reading tags and following directions
Folding
Sorting

The sequence of washing to putting clean clothes in the drawers

Color separation

Sorting colours, temperature

Not throwing the laundry on the floor and playing with it.
Transitions from other activities to laundry, making time for jobs, being able to sort laundry. Rolling socks might be the hardest one to teach. Which clothes belong to which family member

How to use machines properly. Timers to know when they are done in case they don't have bells

Laundry...What Skills Can We Teach?

When to ask for help

Separate colour or underwear and outside clothing and socks in differ loads

colorssorting fabricstime

Off on hot cold cycles math measuring. Colours organizing size

Sorting out dirty cloths,

sorting, colours, identifying items, matching socks, sorting. Dirty laundry in, Dryer with dryer sheet, sequence, Turn on, safety what goes in and does not

Sorting colors, measuring soap,folding

Shopping...What Skills Can We Teach?

Spatial awareness (not running into things with cart)

Stay with cart and caregiver

Making lists, mental map of the grocery store, asking for help, handling money, scheduling meals, nutrition

planning, following a list, money, hidden rules, waiting in line,

Counting, estimating, stacking

making listsocial skillsgetting trolley

Not putting everything you like and want in the cart

Sensory preparation, headphones? Glasses?

Budgeting. Want vs Need

Shopping...What Skills Can We Teach?

list making, talking to employees, turning taking in line, budgeting,

how to pay for the groceries

need vs want; planning; making choices

Decision makingWaiting in linePersonal space

Writing the what we need

Waiting in line, money, looking for ripe fruit, meal planning, health, bagging /heavy/light.

Making grocery list

Preparing a list, adding sizes reading labels communication

Impulse control

Shopping...What Skills Can We Teach?

Writing a shopping list, checking off things
Which aisle to go first

Take them grocery shopping

Note and plan ahead

food groups

Colors & counting

Choosing produce, selecting fresh, colour, expiry dates

Reading grocery section labels/ pictures - such as fruits,
bakery etc

Do not eat before you pay

How to select produce, Colours, firm, soft, moldy

Shopping...What Skills Can We Teach?

Meal planning for the week. Being able to write a list. For younger kids store behaviour, not pulling everything off the shelves. Looking for certain items at the store, where are they found? Using money, getting change.

Categorization Social skills Math/money Quality of items Bagging

choices, first-then, list, sequences, money counting-paying, communicating with staff, ask questions

don't shop when you are hungry lolwhat are healthy foodswhen to buy like ice cream prices

Beware of belongings, take what we need from the shelf, and safety concerns (e.g. wet floor)

social skills

Attention to food allergens, sugar contents, keeping the budget, tantrum management

Wearing a maskBudgeting Using a tap vs insert chip How to select produceLooking for expiry dateComparing pricesReading a listMaking a list

Making a shopping list

Shopping...What Skills Can We Teach?

Table setting -name of tensile, put in proper place
Laundry- put things in, put away basket
Vaccum- able to operate the machine properly, vacuum the dirts away

Banking...What Skills Can We Teach?

budgeting (money management), safety with PINS & passwords as well as with cash, interactions with professionals

Budgeting (saving)

Manage budget, spending successful online computer skills

money recognitioninteracting with tallerfinancial planning(smart with money)dealing with money challenges and saving skills for rainy days

waiting inline

Counting money and open an account

manners .people skills

social skills, math skills, keeping records, budgeting, personal information safety

communicating; planning; finance literacy

Banking...What Skills Can We Teach?

ReadingMeasuringScienceOrganizationPlanning

security - pin/bank info kept private

- Time management I can teach my son to use subtraction to calculate how many minutes let.- Fine motor skills i can teach my son to control his hands .-Math learning Counting how many items in total.

How much to withdraw/depositWays to spend

Saving checking a/t different; Transaction chk; investment & money management

What are 2 -3 activities that your child does or could participate in?

Fixing bed, laundry and mopping the floor

Putting own laundry, away in proper drawers. Loading dishwasher. Recycle

going to school and laundry

feed the catsclean the bathroomdusting

folding clothesputting dishes awaytide up toys

dressing, hygiene, clean up after activity

Potty training, sit still in the potty, wiping the bum, handwashingDressing, choosing the clothes, zipping, buttoningMeal time, chewing the food properly, usijg the utensils, drinking water from a cup instead of sippy cup

laudnry, cooking , lists

Cooking, Shopping, Laundry

What are 2 -3 activities that your child does or could participate in?

Cooking, shopping cleaning

laundry, showering independently

1. Daily group walks from school to the Center2. Group/Individual play time;3. Arts/Crafts/Science workshops

Vacuuming, planning free time, managing own going to bed routine

Laundry. Clean bedroom. Meal prep

Dressing, brush teeth, and wear shoes independently

dressing, pouring juice/making sandwhich, vacuuming

snow removal

Shovel snow, collect firewood, vacuum

What are 2 -3 activities that your child does or could participate in?

Getting ready for school, yard work, cleaning the playroom

Setting table, self feeding, clearing table

Meal prepShopping

Meal preparationShoppingCleaning bathroom

Potty training, wiping bum, listening to our bodies

Putting laundry on washerclearing dishes

I would like them to put away their laundry. Make a phone call. How to take a bath and the hygiene skills with it.

Cooking eggs vacuum and laundry

Cooking: getting everything ready for a taco recipe, her favourite Reading and following the stepsServing mom and dad Once a week

What are 2 -3 activities that your child does or could participate in?

washing the bunny laundry
dishes sweeping mopping garbage bed making watering
plants feeding bunny

Personal care- closing the door, pulling up pull up and pants,
flushing toilet, hand washing (too many steps, but backward
chaining, turn off taps)

What skills could you teach your child in each of the activities you identified?

Measurement while cooking

planning, sorting, dexterity, life skills, social skills

Understanding personal limits

Having a set Routine

time management, responsibility

Independence, problem solving, organization

measuring quantity, using a spray bottle, following a schedule

Sequencing, fine motor, planning, cleaning

Executive function (packing her bag), following instructions and taking turns (baking), getting to done (cleaning play room)

What skills could you teach your child in each of the activities you identified?

Following routine	Visual picture	Gathering ingredientsMeasuringChopping WashingNutritionMaking listsPayingUnpacking
color recognitionstime management skillsorganizing skills	Asking for help if needed	sequence choices, how to clean self (lather soap), safety, putting things where they belong (organization)
Sorting and matching, following directions,	Organization, picking the right tool, planning,	frontload as to what your day might look like at schoolsupport verbally and visuallyprepare clothing the night before

What skills could you teach your child in each of the activities you identified?

spending time to share with child yourselves in somehow detail

Deciding what to cook and sequence of tasks Making a list and shopping cleaning the bathroom

Motor skills Listening to our bodiesDirections

Getting the vacuum out of closet, putting the right attachment on, pulling out the cord, turning vacuum on, not bumping the wall, working systematically across the floor, what it looks like when done

time management

Sort light and dark. Fold clothes. Place own clothes in proper drawers. How to hang clothes on hangers.

Do in the right sequence, act quickly, use the correct amount of toothpaste and brush thoroughly, learn the procedure to wear shoes and ask for help when needed

Daily group walks skills: road safety, following instructions, staying with your group, communication with others,

Motor coordination, task sequencing, sensory preparedness, supply gathering, knowing what completed task looks like, ensuring they are able to perform task, tiding up when finished, object safety, wearing a mask, getting to and from,

What skills could you teach your child in each of the activities you identified?

laundry
sorting fabrics and colors
adding detergent and
softener
time and on
off dishes
cycled detergent
loadings
scrapping
on vacuum when
it gets plugged
not to suck up everything
vacuum bag
change and filter