



## 5 Steps to Set up Spaces for Child Independence at Home

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## *Heart & Soul Speech*

Children truly want to be successful and independent in the things they do. They often have a natural way of challenging themselves just enough when guided by a prepared environment.

We can make simple changes to the spaces in our home to foster independence.

1

Consider the problem

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Choose the space

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Observe your child in that space

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Make a plan

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Prepare the space and teach the routine

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1

### Consider the problem

Mornings are so stressful. Julie hates when I brush her hair and I still have to help brush her teeth. She always gets her shirt dirty from toothpaste and leaves water everywhere.

2

### Choose the space

Julie's bathroom!

3

### Observe your child in that space

Julie cannot reach the brush or sink and needs help putting toothpaste on the toothbrush. She can't reach the towel to clean up the water mess. She gets dressed before she brushes her teeth.

4

### Make a plan

Julie can brush her hair by herself if I move the brush lower in her reach. I can show her the right amount of toothpaste that is needed. She can wait to get dressed until after she brushes her teeth.

5

### Prepare the space and teach the routine

Put a step - stool in front of sink and hang towel lower. Add a sink extender for her to reach faucet. Prepare a basket on lower shelf or floor for brush, toothbrush, and toothpaste. Use visual schedule.