

## Helping your child at home

### Welcome to our 'Universal Service Offer'

You may be looking for ideas on how to help your CYP (Children and Young Person) at home, or you may be waiting for an appointment and looking for some activities to do whilst you wait. Schools may also be looking for extra resources and information and they can utilise these sections too.

**Our Universal Offer is also for children ages 0 to 18 (19 if they are in a special school) with sensory preferences affecting their daily activities.**

We aim to empower parents / carers to facilitate their CYP's development and participation in everyday activities which they want to do and also must do. We hope that these ideas will help you to find ways to assist your CYP.

We like to take a strengths-based approach and want your CYP to enjoy engaging with you. So, we would suggest that you start and end each practice session with a short, quiet, and calming activity which your CYP loves to do and is good at.

We have increasing evidence which shows that it can be highly effective to work with families in this way.

## Under 5's Area

### Play, Games and Daily Activities:

Young children start to use their hands in daily activities as soon as they are born.

They start with sucking fingers and thumbs, grab at their bottles and cups and swipe at their toys. Then they start to grab toys, shake them, bang them together, clap their hands, and wave bye-bye. They then progress to moving toys with their hands to manipulate and explore them, and then they start to use their hands to manipulate tools such as spoons or crayons. During the time they are using their hands in play, they are learning about their world.

Here are some examples of the types of toys, games and daily activities that help to develop skills such as grasping and holding, placement skills (hand eye co-ordination), using two hands together, manipulation skills, prewriting skills and body awareness.

**Choose the activities that are appropriate for their stage of development, i.e. choose activities which are easy for them to start with and then progress from there.**



ALWAYS USE TOYS WHICH ARE SUITABLE FOR YOUR CYP'S (CHILD/ YOUNG PERSON) AGE AND STAGE OF DEVELOPMENT. BE AWARE OF CHOKING HAZARDS, ESPECIALLY IF YOUR CHILD IS STILL MOUTHING TOYS. DO NOT LEAVE YOUR CHILD UNATTENDED WHEN CARRYING OUT THESE ACTIVITIES.

## Washing and Bath Time:

Floating bath toys are good for your baby and young child to watch as they float around. Watching toys move helps them learn to focus and track toys as they move.

They are also good to swipe at. Assorted sizes and shapes of floating toys help develop different grasps.

Containers for pouring water help with grasping and lifting. Pouring water from container to container helps with hand eye co-ordination.

**Play idea:** Hand washing games are great for all hand skills, catch the soap in a bowl of water, rub it between the hands without dropping it, then rub hands together palm to palm. Spread the fingers, interlace them, and rub back and forth. Try using a soft nail brush to gently scrub nails. Grasping different textures of sponges and flannels helps to explore texture. Use a mirror to help wash their faces and see where the flannel is.

The above games can be played using a bowl of water on the floor or table, - just for play time.

If your baby/ child does not seem to like washing e.g. because of the feeling of water on their face, hands, or body, try this:

Choose an activity they really love first, so they are calm and happy and do this for 10 minutes first.

**Play idea:** Use a small bowl of water for washing. Then let them choose soap products which they like the smell of, and sponges or flannels which they like the feel of and try to wash part of them. Only do what they can tolerate, help them to wash themselves rather than you washing them, so they feel more in control. Try and make it as much fun as possible; put toys in the water which they really like and encourage them to wash the toys too.

## Teeth Cleaning:

Gently assist them with your hand over their hand, until they develop the control to do this safely by themselves.

Sitting down will help them to concentrate on the task.



Small chunky handled toothbrushes may be easier to hold.

If they seem a bit averse to this daily activity, - try it without toothpaste first. Is the toothpaste smell or taste too strong? Do they dislike the feel of the toothbrush? If so, try different brands of toothpaste/ toothbrushes, such as ones with a rubbery end, soft bristles, harder bristles, and see what their preference is. Try gentle face washing first, to get them used to their face being touched, and then progress to tooth brushing.

**USE DENTAL PRODUCTS THAT ARE SUITABLE FOR YOUR CYP'S (CHILD/ YOUNG PERSON) AGE AND STAGE OF DEVELOPMENT.**

## Dressing:

Use 'backward chaining' to teach these skills, whatever the age or stage of development. 'Backward Chaining' is a technique that allows your child finish off the last step. As they learn to manage the last step, you can then let them do the second to last step, and then a bit more until gradually they take over the whole activity by themselves.

Choose easy garments that are light, large, and stretchy. These tend to be easier.

Try this activity when they are not tired.

Get them to pull off hats and socks. Put their arms out for tops. Encourage them to sit to dress their lower half, such as put their legs in leg holes. Get them to finish pulling up pyjama bottoms.

## Drinking:

Help your child to hold their cup / bottle with both hands.

Choose a cup which is easy to hold, e.g. smaller, with two handles.

To help prevent spilling, half fill a cup.

## Eating:

Give your child a spoon to play with when you are feeding them.

Let them dunk their spoon in their food pot.

Choose small food pots which are easy for them to hold in their small hands and help them to pull the lids off (holding it steady at the same time)

Help them to load their spoon.



Let them try and take their spoon to their mouth, let them be messy when they are practising!

## Using Hands to Play:

Try using some of these toys:

Baby gym (this encourages eyes looking and following and swiping and grasping).

Musical instruments/ toys that make noises, such as shaking bells, rattles/ shakers/ maracas.

Mirrors.

Pull along toys to watch.

Bubbles to watch and swipe at.

Finger puppets to try on/ hold/ watch.

Cause and effect toys e.g. pop-up toys, musical toys.

Activity centres with push buttons, sliders, twist action buttons.

Sensory toys, with different textures, brushes, sponges.

Water play - pouring buckets and containers, ducks to grasp and watch floating around.

Hand rhymes / action rhymes e.g. 'Round and round the garden,' 'Wind the bobbin up,' 'Peter Pointer.'

Put toys in boxes - start with big boxes and progress to smaller ones.

Stacking rings.

Shape sorters.

Bricks, stacking cubes, stacking cups.

Inset puzzle boards with chunky handles.

Inset puzzles with small peg handles.

Board books, turning pages.

Paper books - when they are good with board books, progress to paper books, encourage them to turn the pages.

Finger painting, with child friendly paints.

Messy play with food, i.e. hands in a bowl of jelly, or cereals.



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Other sites that you might like to visit for more information:

<https://eismart.co.uk/>

More Information for home and school coming soon.

