

Physical Development

Health & Self-Care



Talk your child through the process of dressing and undressing themselves. Provide opportunities for them to practice their new skills, this is usually best carried out when you have some time to spare.

Support your child's independence in feeding themselves and moving from drinking from a bottle/beaker to an open top cup.



Talk to your child about healthy food choices. Offer a wide range of foods, but also variety in how it is presented e.g. raw, cooked, whole, peeled or sliced.

Support your child's growing independence regarding toileting. Give them any tools they may need, (potty or adapted toilet seat) time and encouragement. Including a toy or teddy to the routine and reading a story can help in making it a relaxed experience!

Please see Handy Hints on toilet training.