

Tips for supporting your child to get dressed

- Choose a time to practice this when you are not in a rush to be somewhere on time.
- Don't worry if your child gets their jumper on backwards, shoes on the wrong feet; praise their efforts and then make a fun game out of switching them around.

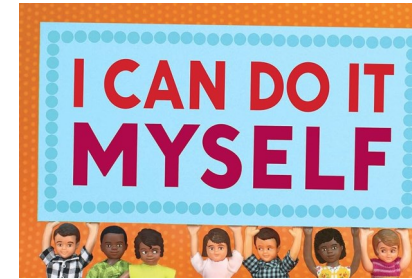


Ideas for FREE or CHEAP rewards

- They can choose a TV programme
- Play their favourite game with you
- Put food colouring in the bath (their choice of colour!)
- Play ball with them in the park
- Go swimming
- Choose what to have for tea
- Extra time watching their favourite TV programme
- A balloon
- Blowing bubbles
- A healthy snack they like. e.g. a box of raisins, cheese, carrot sticks



Developing Independence in 3-5 year olds



**We want children to grow up to be
the best adults they can be.**

**Supporting them with their independence at a
young age can have a positive impact on this.**

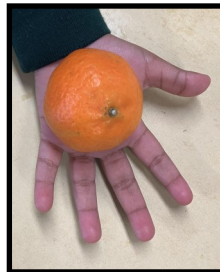
Change
*is going to be hard,
but
that doesn't mean
it isn't worth it!*

**You may read information in this
booklet that will change the way
you parent. Please make sure
you think about the approaches
you are going to use beforehand,
talk to the other parents/ carers
involved and remember that it
will be hard but it is worth it!**

Tips for supporting your child to eat by themselves



- Eating with your child, this gives them a good role model of eating by themselves and trying new foods.
- Drinking large quantities of milk fills the stomach and the child then doesn't feel hungry – always offer food before a drink of milk.
- Young children will go through phases of eating regular and well to not eating much at all and possibly grazing – this is because the body decides how much it needs depending on its need (growing, learning) at that time.
- Make sure your child knows what they are eating. Hiding food will get them to eat it but when they are faced with the food in a different way they will be reluctant to try.
- Keep offering new foods. It takes the brain 16 goes of trying a new food to decide whether it likes it or not.
- Young children only need 3 palmfuls of food each day. If you are worried that they are not eating enough, bear this in mind as they probably are.



Tips for supporting your child to drink from a cup



- Give your child all their drinks in a cup.
- Sucking from a baby bottle teat or sucking on a dummy can change the shape or growth of your child's teeth and could lead to dental intervention when they are older.

Tips for getting your child into a healthy bedtime routine

- A good night's sleep for 3-5 year olds is 10-12 hours.
- Talk to your child about what bedtime will look like, e.g. bath, pyjamas, brush teeth, story, lights out; so your child knows what to expect.
- Getting a good night's sleep means that their brain can rest properly and allows the learning connections to be strengthened.
- Using a screen (TV, tablet, phone) can stop the brain from fully resting and growing.

