

Self-Management



Skills For Life

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Dear Parent or Carer,

Feeling stuck for what to do?

Feeling overwhelmed by teaching your child?

Don't worry we are here to help. Follow these small steps to independent living and teach your child some really important skills for life.

This booklet focuses on the skill of self-management which simply means managing yourself to get things done!

It also includes:

- Getting ready
- Being organised
- Being responsible
- Being able to use your initiative and do what needs to be done

We have provided you with examples to teach your child these skills.

Make sure to look out for  symbols and to take this chance to talk to your child about safety and risk in the home.

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Every child is different and will develop at different times, you will know when your child is ready to become independent. The home environment is the best place to start. By talking, sharing and teaching your child simple tasks, you will help them to become more independent as they grow up.

Teaching your child life skills can take time. It's a great idea to take it slowly and to gradually introduce new tasks as your child progresses. All tasks should initially be completed together so that you can ensure your child understands risks and dangers involved.

In this booklet you will find suggestions for how to break tasks down into small steps and you will also find blank templates for you to create and complete together.

Why not try?

- Cooking a simple healthy meal
- Preparing a shopping list
- Preparing food

Agreeing a reward system can empower your child to make their own choices and teach important Skills for Life at the same time.

#skillsforlifemcr

Independent Living: Using a Washing Machine



Small steps...

I can do this with help

I can do this safely on my own

Sorts items into two different piles: light and dark colours

Choose a pile to wash, put them in the washing machine and close the door

Put washing powder in the right part of the machine and check door is closed

Choose the right setting and press start

Look at the timer and check what time the wash will end

Come back when it's finished and hang the washing out to dry

Independent Living: Make a Cup of Tea



Remember to talk to your child about dangers.

Skill: Make a Cup of Tea

I can do this with help

I can do this on my own

Get all the equipment you need: mug, tea, milk, kettle, spoon

Fill the kettle with water and turn the kettle on

Put one tea bag in the mug and wait for the kettle to boil

When the kettle is boiled carefully pour the hot water into the mug



Brew your tea for about 2 minutes and then add milk to the mug

Stir your tea, sit down and enjoy :)

Take care when drinking tea it will be hot!

Independent Living: Making Toast



Remember to talk to your child about dangers.

Small steps...

I can do this with help

I can do this safely on my own

Put bread into the toaster one slice at a time

Press down the lever on the side and wait

Get out a plate, knife and butter

When the toast pops up put it on a plate and be careful it will be hot



Use the knife to carefully spread some butter onto the toast

Cut your toast in half and enjoy :)

Take care when eating your toast it might be hot!

Independent Living: Cooking a Pizza



Remember to talk to your child about dangers.

Small steps...

I can do this with help

I can do this safely on my own

Look at the back of the box and read the cooking instructions

Set the oven at the right temperature and turn the oven on

Wait until the oven is heated up. Take the pizza out the box

Place only the pizza on a metal tray and use oven gloves to put it in the hot oven



Check back of pizza box for timings and set and alarm

When the alarm goes, use oven gloves to carefully take pizza out of the hot oven.



Take care when eating your pizza it will be hot!

Independent Living: Daily Routines



7 ways to keep clean and fresh

Small steps...

**I can do this with
help**

**I can do this safely
on my own**

**Brush your teeth twice a
day**

Shower or bathe every day

**Put underarm deodorant
onto to a clean body
every day**

**Put dirty clothes in the
washing basket**

**Wear clean socks and
underwear every day**

**Wash hands after going to
the toilet, preparing food
and being outside**

Independent Living: Weekly Routines



6 ways to keep healthy and clean.

Small steps...	I can do this with help	I can do this safely on my own
Wash clothes regularly in washing machine		
Tidy up and put things away		
Drink 2-3 big glasses of water every day		
Take part in physical activity and get moving for at least 1 hour every day		
Eat fruit and vegetables every day		
Talk to friends and family and do something you enjoy		

I am going

to: _____



What are the small steps?

I can do this with help

I can do this safely on my own

Blank rectangular box for writing small steps.

Blank rectangular box for writing steps with help.

Blank rectangular box for writing steps done safely on one's own.

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Self- management



Self-management is simply the skill of managing yourself to get things done.

It includes:

- Being organised
- Being ready
- Being accountable
- Using initiative

These skills are essential Skills for Life



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Dear Parent or Carer,

I hope that this resource has been useful. As this is a new resource I would welcome any feedback on:

- **Whether you found this useful?**
- **If you could change one thing what would it be?**
- **What other tasks do SEND children and young people need to learn for independent living?**

This booklet is a trial and if successful will be produced for different skills, different formats and in different languages.

Please feel free to share any further ideas with me at :
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Thank you

Natalie

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