



I Can Help!
Handout C21

Other self-care skills I can help my toddler learn:

- _____
- _____
- _____

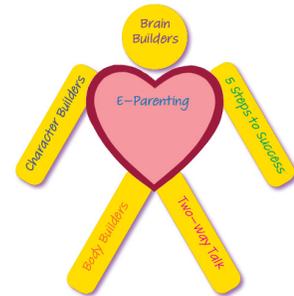


Which Daily Do I want to focus on practicing:

- _____

When will we do this activity:

- _____
- _____



Who else can do this activity with my child:

- _____

How to do this activity:

1. Use **Ready for Play and Learning** to see if your child is ready to play and learn. Remember to use **5 Steps to Success** as you help your toddler explore their natural curiosity during the activity.
2. Gather a doll or stuffed animal. Then scatter 3 items around the room that can help your child learn about self-care tasks or doing simple things for themselves. Place these objects far apart in several different areas of the room, while keeping them within your toddler's sight and reach.
3. Hold the doll/stuffed animal and talk with them about how it's **FEELING**. As you do this, encourage your child to find the items around the room that can help their doll/stuffed animal feel better. For instance, you might say something like: **Teddy is feeling COLD. Can you find their jacket? Would you like to put it on them. Teddy feels so WARM now.**