



Haringey Universal Therapy Services (HUTS) Advice Poster

How can I teach my child to do their daily activities?

- **Daily activities** are the things children do every day. Adults help at first, until children learn to do these activities themselves e.g. dressing, using cutlery, toileting.
- **0 – 5 years old** are the most important time for learning, so early experiences really matter.
- Learning starts at **home**. Help your child learn through play, letting them watch you do everyday activities, and talking through each step of an activity.
- Repetition and patience are key - but most importantly, **let your child have a go!**

Find out more:

Found out more about the HUTS team.



Learning through play with EiSMART.



Have a question? Speak to our occupational therapist.

