

Sanderson's Wynd Skills Pathway: A Guide for Parents & Carers



The Early Years team have put together a skills pathway which will support you in helping your child to develop key life skills and increased confidence and independence.

The pathway has been organised into 3 sections:

- Life skills for 2-3 year olds
- Promoting independence
- Preparing for starting school

Please don't worry if there are aspects of the pathway that your child finds challenging. All children develop at different rates and achieve milestones at different times. This is intended as a guide and we advise that you read through the sections and identify the best place to start for your child.

Life skills for 2-3 year olds

Developing life skills is a key part of learning for 2-3 year olds. In the grid below you will find a range of skills which you may want to work on at home. For each skill we have listed ideas and strategies which could be used to promote and develop independence. We have also provided some hints and tips to support you with this.

Life Skills	Ideas/Strategies	Handy Hints
Dressing	<ul style="list-style-type: none">• Break dressing down into smaller steps.• Try doing most of the task and letting the child get the success of the final part. When children finish something they can feel like they did it all.• Practise putting on/taking off dressing up clothes.• Practise pulling clothes over their head.	<ul style="list-style-type: none">• Think about what you are telling your child.• Give short, simple instructions. Give a cue for one garment of clothing at a time.• Think about the time you want to practise (bed time/bath time are good times to practise - when you are not rushing out to school/work).• It's easier to get undressed than dressed.• It's easier to put PJs/nightdress on than clothes.
Eating Meals	<ul style="list-style-type: none">• Where possible have set routines for all meals breakfast, dinner etc. This helps your child to understand what is going to happen and that it has an end.	<ul style="list-style-type: none">• Limiting Distractions - especially if mealtimes are your family 'catch up' time, reduce background noise by turning the TV off, closing doors, curtains etc.

	<ul style="list-style-type: none"> Involve your child as much as possible. Depending on their age and stage you could get them to help set the table or do the dishes (starting with plastic plates first!). 	<ul style="list-style-type: none"> Give your child part of the routine to be responsible for e.g. setting the table.
Turn Taking	<ul style="list-style-type: none"> Use turn taking language (your turn, my turn) Model turn taking Communicate and describe turns (It's A's turn, then it's your turn) 	<ul style="list-style-type: none"> Play games Use a social story to explain how and why we take turns.
Learning Styles	<ul style="list-style-type: none"> Breaking Down a task into manageable Chunks Visual Aids - Use photos or symbols to aid learning. Checklists - Use checklists as reminders of the sequence of steps. 	<ul style="list-style-type: none"> Everybody learns in different ways. There are three main ways of learning: <ol style="list-style-type: none"> doing (kinaesthetic) watching (visual) listening (auditory). <p>Everyone has their own preference of how they learn best and you and your child may vary in these preferences.</p> You may need to help your child in different ways by showing, telling or physically doing things with your child.
Attention and Listening	<ul style="list-style-type: none"> Say the child's name before you speak to them. Get down to the child's level so you are face to face. Check the child has listened to what you have said. Keep your language simple and instruction clear. 	<ul style="list-style-type: none"> Reduce distractions and background noise. Make sure they are sitting close to you so they can hear what you are saying.
<p>For more information on the Life Skills covered here plus activities to promote them please visit : https://www.nhsqgc.org.uk/KIDS</p>		

Promoting Independence

A large part of a child's nursery experience is about developing independence and promoting self-help skills. While nursery remains closed you might want to look at the grid below and work on some of the skills listed. Once your child can demonstrate that they are able to complete a target (independently and on more than one occasion) then you could tick or highlight the box and move on to another skill.

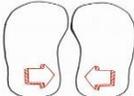
Self-help skills:					
I can put my shoes on and take them off.	I can put on my jacket	I can fasten my jacket.	I can put my sweatshirt on and take it off.	I can clean my teeth	I can blow my nose with a tissue.
I can ask for help when I need to go to the toilet.	I can wash my hands with soap and water then dry them.	I can say please and thank you.	I can pour a drink	I can use a knife and fork to eat my meals	I can wash my plate and cup.
I can follow a 1 step instruction	I can follow a 2 step instruction.	I can tell you what I want and need,			
Gross motor skills:					
I can run	I can skip	I can jump	I can hop	I can throw	I can catch
I can balance	I can manoeuvre myself well round objects.				
Fine motor skills:					
I can draw: Line Circle	I can use scissors to cut in a straight line	I can use scissors to cut round a shape.	I can roll dough into a ball and a sausage shape.	I can pick up small objects with my thumb and index finger.	I can thread beads on a lace.
I can build a tower of 10 or more blocks.					
Health and Wellbeing:					
I can say how I'm feeling emotionally.	I can say how I'm feeling physically.	I can take part in a conversation.			

E.g. happy, sad, scared.	E.g. Hot, tired, hungry				
-----------------------------	----------------------------	--	--	--	--

Preparing for starting School

As we approach the time that our pre-school children will be getting ready to transition to Primary One you might want to look at the grid below and work on some of the skills listed. Once your child can demonstrate that they are able to complete a target (independently and on more than one occasion) then you could tick or highlight the box and move on to another skill.

Please don't be worried if there are skills on the grid that your child hasn't yet mastered, all children develop at their own individual rate. Take time to practise some of these skills with your child in the next few months so that they come to school in August feeling confident, curious and ready to learn and explore.

I know when to wash my hands and can wash and dry them independently.	I can wipe my nose with a tissue.	I can go to the toilet, wipe myself properly and flush the toilet by myself.	I can share toys and take turns.	I am able to sit still and listen for a short while.	When asked I can tidy up after myself and I look after my things.	I can read/recognise my name.
I can follow instructions.	I am able to ask for help if I feel unwell.	I can use a knife and fork.	I can open wrappers and packaging.	I can open and fasten buttons and use a zip. I know when my clothes are the right way and when they are inside out.	I can put on and take off my shoes.	I like singing counting songs. E.g. 5 little ducks
I know which shoe goes on which foot. Help your child to learn this by drawing arrows in their shoes which point towards each other when on the correct feet. 	I am interested in listening to stories and looking at picture books.	I enjoy making marks and have practised holding a pencil.	I like interacting with others.	I enjoy counting as part of my daily routine. E.g. setting the table.	I enjoy exploring new things.	

