

Whilst your child is still very much living at home, it can be beneficial to provide them with skills to aid them in future life. Below is a checklist of activities to start teaching your child.

Some of these you may have already ticked off but you can still use it as a reminder.

Cook

Learn how to

- Boil an egg
- Cook pasta
- Make beans on toast
- Make a sauce from scratch

Basic food hygiene

- Know the difference between Use by and Best Before
- Know what cross contamination is
- Know safe temperature zones for a fridge and a freezer
- Know what can and can't go in the microwave

Shopping

- Be able to calculate a weekly shop for the family
- Know how much basic items such as milk/bread/eggs cost
- Know what non food items can be included in a family shop

Laundry

- Learn how to use the washing machine
- Learn how to use the tumble dryer
- Know how to separate light and darks

General cleanliness/Housework

- Make their bed
- Strip their bed
- Fold and put clean clothes away
- Stack the dishwasher or wash up by hand
- Use a Hoover
- Know what can be recycled

Healthcare

- Learn basic first aid
- Learn how to do basic CPR

Car/Bike

- Learn how to change a tyre
- Know how to put air in the tyres and what pressure their tyres should be at
- Know how to top up water, oil and windscreen washer in a car

Transport

- Know where the nearest bus stop is
- Plan and take a trip using a bus
- Plan and take a trip using a train
- Buy a train ticket

Money

- There is so much to think about regarding money. Soon your child will be earning their own money. Help them to learn how to set up a bank account and learn about savings
- As they start having independence they may choose to pay for their phone bill/gym membership/days out. Help them understand what a direct debit is and how to budget. This will really help them to prepare for independent life.

Finding work

- Do they know when they can get a job, what the minimum wage and national wage is?
- What National Insurance and Tax is and what it covers?
- Understand contract of employment and a zero hours contract
- Be able to write a CV and covering portfolio
- Be aware of a positive digital footprint