

It is never too early to help equip your child with some life skills. This helps them develop problem solving, money handling, maths, safety, food handling, social skills, reasoning and thought processes. By teaching life skills you are preparing your child to feel confident in their own abilities, enable safe care and be self sufficient which can empower your child and develops a healthy self esteem.

Here we have put together some ideas for your child to learn

General household skills



- Make and strip their beds
- Fold and put their clothes away
- Make the table
- Dry up/empty dishwasher
- Know items to be recycled
- Sweep the floor

Cooking and food preparation



- Make tea/coffee
- Make toast
- Make a sandwich
- Make porridge
- Boil and egg
- Bake cakes/desserts/cookies

Kitchen skills



- Use a can opener
- Use a peeler
- Use a sharp knife

Food safety



- Know what can and can't go in the microwave
- Remember to wash their hands before preparing food and touching raw food
- Wash down surfaces before and after cooking

Shopping



- Help on food shops, learning how much things cost
- Helping to pack and unpack shopping bags
- Learn how long it takes to save up for a toy/ purchase they wish to have

Transport



- Know how to take the bus/train – getting the right ticket for the journey.
- Know how to safely walk to school, taking the safest route for the time of day, road safety etc

Money handling



- Understand the different money values.
- Be able to work out how much change they should receive from a purchase.
- Learn how much £X will take to spend (example how many sweets can they get for £1)