

Whilst your child looks to become independent and potentially move out or go to university you can help to prepare them by developing their life skills and knowledge. Below is a checklist of activities to prepare your child.

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

Cooking

Get your child involved in cooking the family meals – they do not need to be the next Jamie Oliver but knowing the basics and being able to cook at least 5 meals confidently can set them up for when they are living independantly.



Support cooking from scratch to encourage healthy meals and helping them to ensure they have a balanced diet. There are many different cookbooks to give to your child with simple recipes and ideas, they may end up on beans on toast and pot noodles but at least you have tried!

- Make a basic pasta sauce
- Cook a range of 5 basic dinners
- Know how to use all kitchen appliances
- Understand nutrition and a healthy balanced plate

Basic food hygiene

They do not need to be moving into catering to have some information on basic food hygiene, if nothing else it helps to prevent food poisoning!



- Know the difference between Use by and Best Before
- Know what cross contamination is and how to avoid it whilst preparing and cooking food
- Know safe temperature zones for a fridge and a freezer
- Know how long both hot and cold food can be left out for
- Know how long to heat an oven up before putting in food

Shopping

Encourage shopping so your child learns the cost of food and essentials early on. Thanks to hand held scanners they can enjoy scanning your basket and seeing how much things cost. It's not just food, chat to your child regarding the essentials they need to think



Food

- Know how much basic food items such as milk/bread/eggs cost
- Know how to do a food shop and stick to a budget
- Can they plan for a weeks' worth of meals and shop accordingly?
- What additional items they need to account for in a weekly shop such as cleaning/hygiene etc



General

- Look at deals and work out if a product is worth the money
- Work out % discounts on items (10% or 25% off of a purchase)
- Understand loyalty apps and deals



Household skills

Laundry and washing machine

- Know how to use the washing machine:
- Know where to put the detergent and fabric conditioner/tablets
- Know what all the dials are for and how to use them.
- Know how to read the washing labels in clothes and what they mean?
- Know what can go in the tumble dryer
- Maintain a tumble dryer (empty water trays/fluff trays/air vents)



Laundrettes

- Remember your child may have to use a laundrette so before they head to university, take them on a trip to the laundrette and show them so they feel prepared.
- Know how much it costs to use the washing machines and tumble dryers
- Be able to use the machines and know what they need to take with them.



General cleanliness/housework

I know most young people think the cleaning faeries come into their rooms and houses and magic happens but to help prepare them for when they have their own place get your child involved in the household chores.



- 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)
- Be able to carry out general household chores.
- Can clean the bathroom
- Know what cleaning products they need for different tasks?

Dishwasher

- Know how to load and turn on the dishwasher
- Know where and how to top up the rinse aid and salt?



Cleanliness

Helping to provide them with information, particularly if they are moving to a new area as this can help them to feel assured and able to cope in their new environments.

- Do they know how to recycle?
- Do they know how often the binmen come?



Healthcare

- Do they know who their doctor is?
- Do they know what to do in an emergency situation and who to contact?
- Do they know how to order and pick up a prescription?
- Do they know what to have in a basic first aid kit?



Car

- Know how to change a tyre?
- Know how to put air in the tyres and what pressure their tyres should be at?
- Know where and how top up water, oil, windscreen washer?
- Know when to check when an MOT or service is due
- How to renew car insurance, tax and breakdown cover
- Know what documents they need to have for their vehicle



Finding work

- Understand payslips and know what a P60 and P45 is
- Know what National Insurance and Income Tax are and what they cover
- Can understand the contents of a contract of employment and a zero hours contract
- Understand pensions and look at setting one up at an early age.
- Know what their employer pays towards a pension and what they need to pay



Living independently

- Know and understand a tenancy agreement.
- How to set up and pay rent
- Know what utility bills are applicable to them (gas/electric/water/council tax/TV licence/Broadband)
- Know how to set up and pay utility bills



Later in life

- Know the basic steps for buying a house and applying for a mortgage