

I Can!

Primary Objectives

1c. Takes care of own needs appropriately

Why It's Important

There are so many things that young children cannot yet do on their own. Acknowledging your child's abilities to attend to personal care tasks independently supports her growing skills and helps her feel proud about all the things that she can do on her own.

Materials

Colored construction paper; markers; tape; fasteners such as stapler, brads, or rings; photos of your child performing personal care tasks successfully

What You Do

1. Talk with your child about all of the things that she can already do on her own (hang up her coat, wash her hands, put her shoes away, etc.).
2. Show your child the photos that you have of her performing personal care tasks successfully. Tape each picture to an individual sheet of paper.
3. Write *I can* under each picture, and invite your child to finish the sentence. Record her words to complete the thought. For example, *I can wash my hands before lunch*.
4. When all of the pages are complete, bind the book together.
5. Read the book with your child. As you read, pause after the words *I can* and let your child fill in the rest in order to support her growing awareness of the content of books and print.
6. Encourage her to get the book and read it on her own at a later time.
7. Add to the book periodically to highlight your child's new achievements.