

# Teaching Daily Living Skills



# Objectives

- Understand what daily living skills are
- Assess your child's daily living skills
- Learn strategies to successfully teach life skills

# Examples Of Daily Living Skills

## Community Activities

- Bringing money for bus
- Using a phone
- Personal safety

## Self Care

- Dressing
- Showering
- Combing hair
- Using deodorant
- Brushing teeth

## Daily living Activities

- Making sandwich
- Cleaning up toys



# Challenges Teaching Daily Living Skills

## **Child/youth may have difficulties with:**

- Understanding instructions and expectations
- Difficulties letting others know what you want or need
- Motivation to complete the task
- Motor skills to complete the task

# Other Challenges Teaching Daily Living Skills

## **Child/youth may have difficulties with:**

- Accepting changes in routines (transitions)
- Organizing and sequencing information
- Managing sensory information
- Modeling the behaviour of others

# When Kids Are Little We Do Things For Them



# What skills do I teach?

Target goals that promote daily living skills and independence that are:

- developmentally appropriate
- functional
- meaningful



# Factors to consider

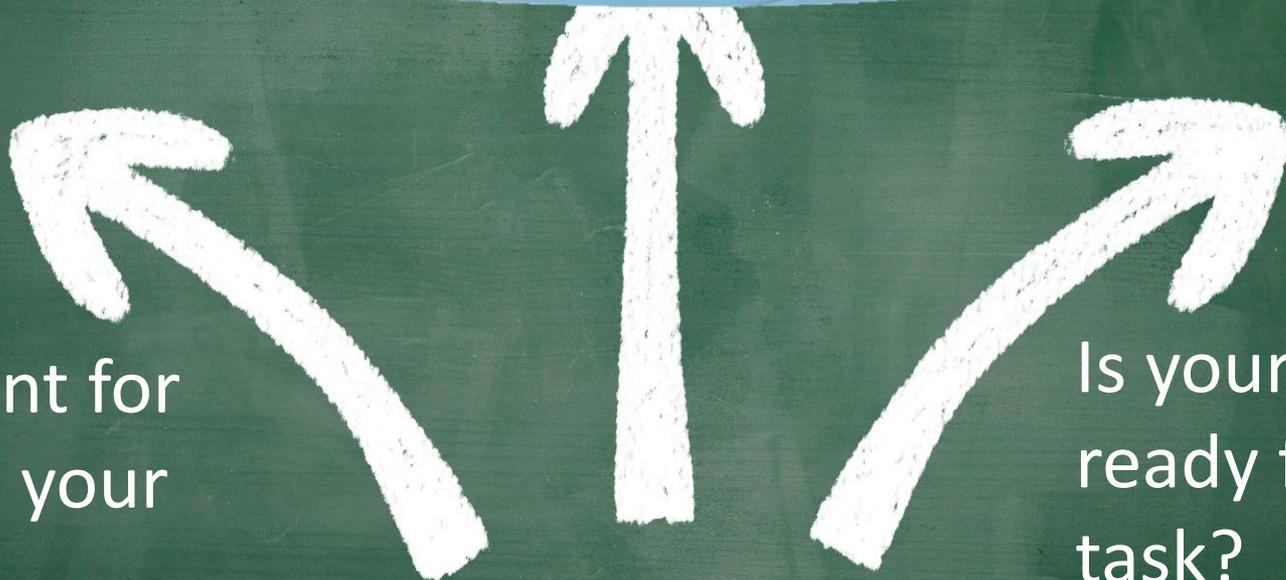


# Deciding What To Teach

What is important for you and your child?

Is your child ready for the task?

Plan for generalization



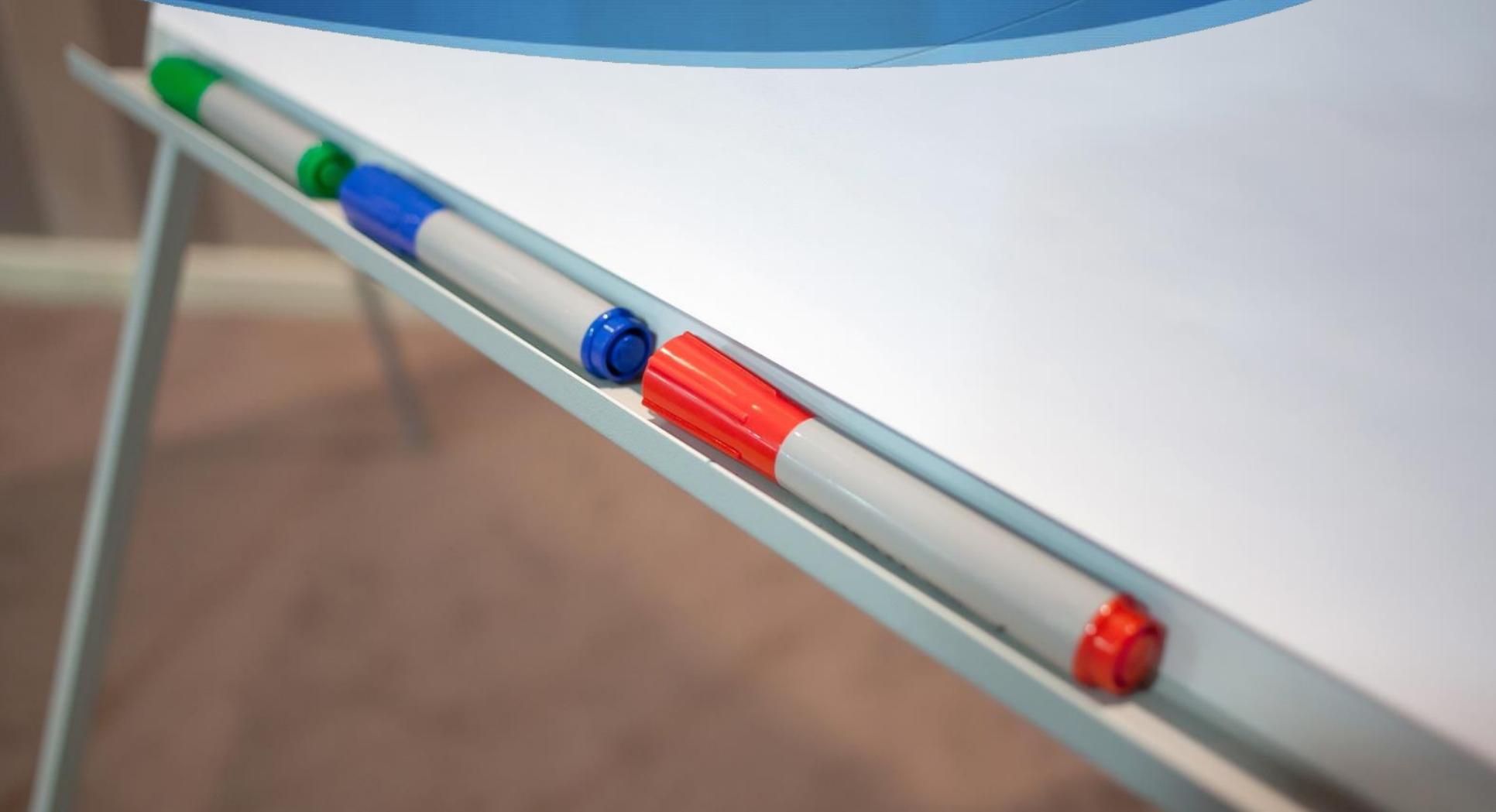
# Task Analysis

- Taking a skill and breaking it down into smaller steps in sequence
- Determine the step(s) your child is able to complete on their own
- Work on one step or skill in the sequence at a time



Watch This!

# Completing A Task Analysis



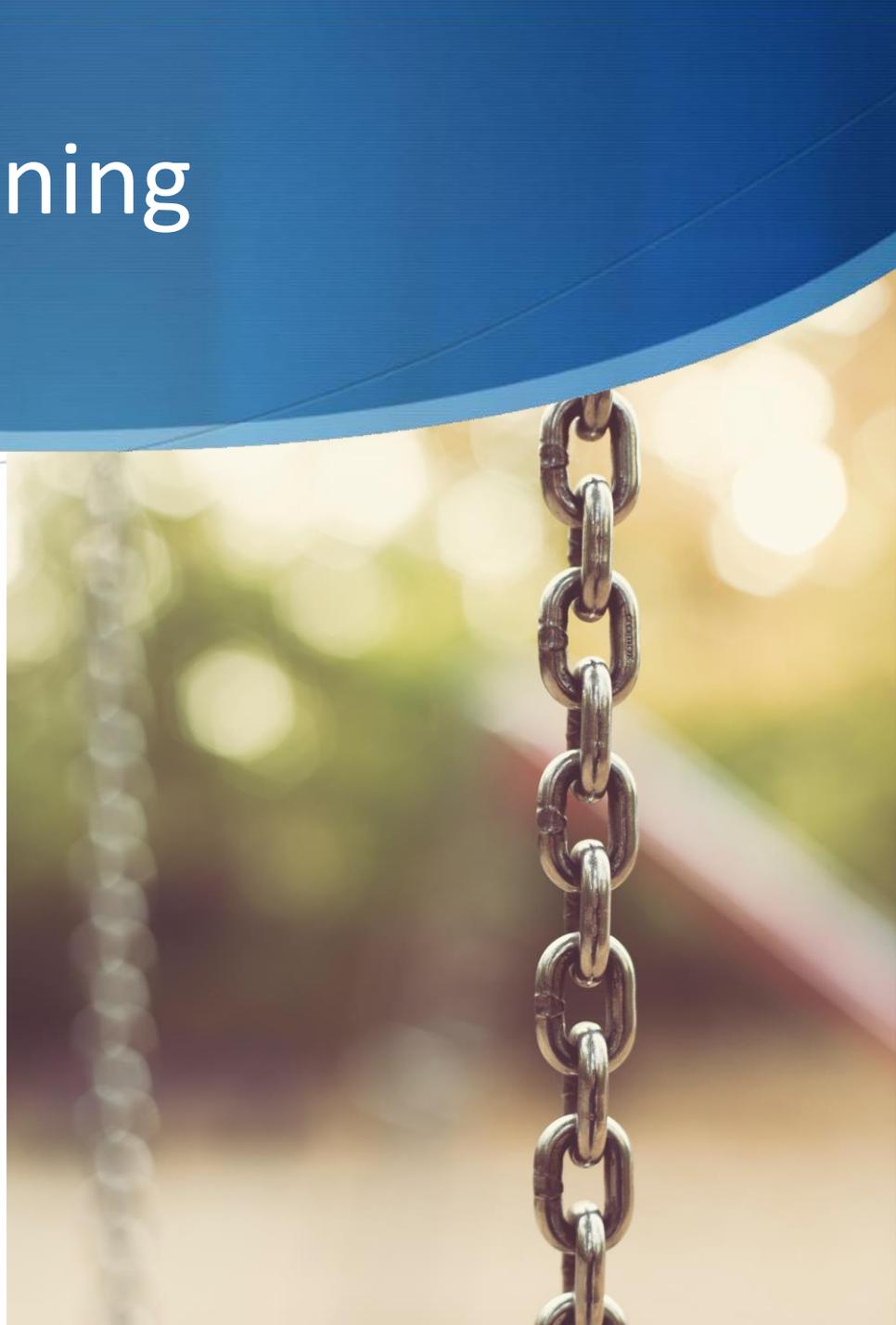
# Task Analysis Example: Washing Hands

1. Approach sink
2. Turn on tap
3. Place hands under water
4. Put soap onto hands
5. Rub hands together
6. Rinse hands
7. Turn off tap
8. Dry hands on towel



# Chaining

A series of related skills in which each skill in the chain provides the cue for the next skill



# Forward Chaining



**START HERE**

The **first** step of the task is taught first, then the next steps are taught one at a time, until you reach the last one.



# Forward Chaining

## Example: Washing Hands

**START HERE**



1. Approach sink
2. Turn on tap
3. Place hands under water
4. Put soap onto hands
5. Rub hands together
6. Rinse hands
7. Turn off tap
8. Dry hands on towel

# Backward Chaining

The **last** step of the task is taught first, then the second last, until you reach the first step



**START HERE**

# Backward Chaining

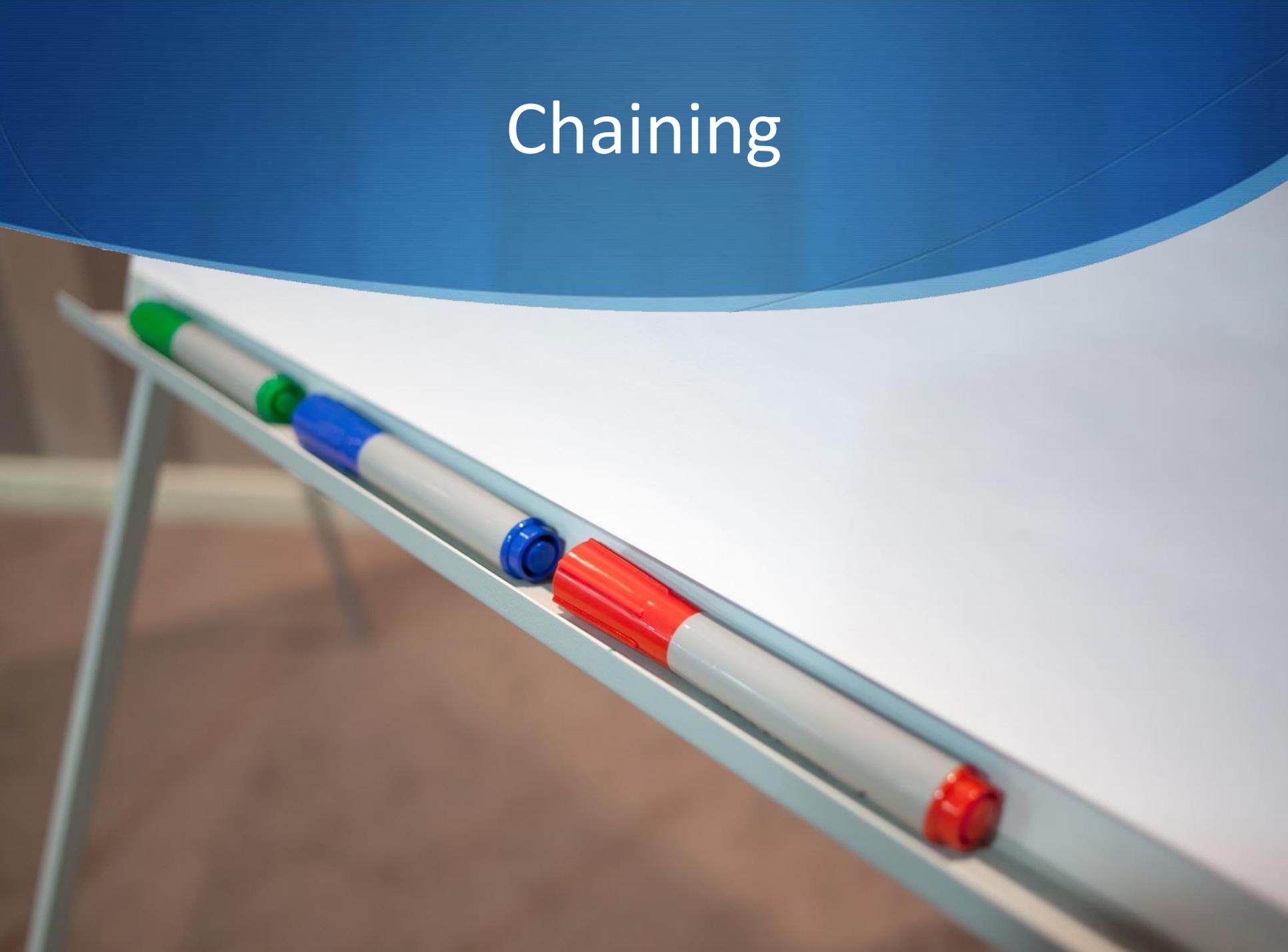
## Example: Washing Hands

1. Approach sink
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**START HERE**

# Chaining



# Strategies To Teach

1. Prompts
2. Reinforcements



# Prompts

Any additional cue or assistance needed to help your child be successful in completing daily living skills



# Types Of Prompts

1. Physical
2. Visual
3. Gestural
4. Positional
5. Verbal
6. Modelling



# Ways to Fade Prompts

**Force:** level of help provided

**Distance:** your or the cues proximity to the child

**Time:** amount of time between instruction and prompt



# How to Use Prompts in Daily Living Activities



# Teaching Use of a Fork: Physical Prompt

Most to least  
approach

**Hand-over-hand**



# Teaching Use of a Fork: Physical Prompt

**Hand at elbow**



# Teaching Use of a Fork: Physical Prompt

**Hand at  
shoulder**



# Teaching Use of a Fork: Visual Prompt



Show child a visual cue that indicates that they need to use a fork to eat.

# Visual Prompt Example

pick up fork



Stick fork into food



put food in mouth



put fork down



chew food



swallow food



# Teaching Use Of A Fork Gestural



# Teaching Use Of A Fork: Positional



# Teaching Use Of A Fork: Verbal or Verbal + Visual



# Teaching Use Of A Fork: Modelling



# Reinforcements

A behavioural strategy that encourages any behavior(s) that you want your child to repeat



# Tips on Delivering Positive Reinforcement

- Immediate: **TIMING** is Everything!
- Consistent
- Paired (associated) with social reinforcement
- Proportional: more praise for harder skills

# Tips on Delivering Positive Reinforcement

- Be aware of your reactions
- Reinforce any improvement, no matter how small
- Be specific
- Variety
- Fade over time, as the skill becomes routine



# Setting Your Child Up For Success

1. Teach one skill at a time
  2. Teach at the appropriate time of the day
  3. Get the “buy-in”
  4. Limit distractions and practice in an appropriate environment
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# Setting Your Child Up For Success

5. Decide which teaching strategy you are going to use
6. Get all family members on board
7. Practice, practice, practice
8. Be patient
9. Celebrate success!

# Success looks different for everyone!

## Consider:

- your child's current strengths, readiness and understanding of the task
- adaptations to task



# Summary

- Observe and assess your child's ability to engage in daily living skills/activities
- Determine which teaching strategies help your child learn best
- Set realistic goals, remembering that success may look different for each child

# Try out these strategies at home!

If you need more help, we're here for you:

**ERINOAK**KIDS  
*Centre for Treatment and Development*

**Brampton | Mississauga | Halton**  
**905-855-2690 (toll free 1-877-374-6625)**



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