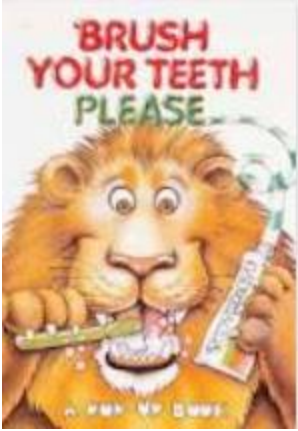
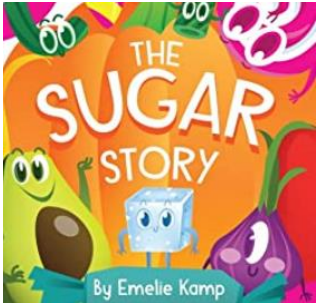
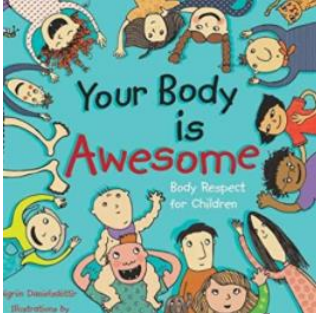


Physical Development : Self Care

Selection of linked objectives and ideas for supporting child development	Early Learning Goals	Useful Books
<p>Be increasingly independent as they dress and undress, putting on coats, doing up zips</p> <p>Be increasingly independent with own care needs eg brushing teeth, using the toilet, washing and drying hands thoroughly</p> <p>Make healthy choices about food , drink, activity and toothbrushing</p>	<p><input type="checkbox"/> Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices</p>	
<p>Further develop the skills needed to manage the school day successfully</p> <p>Lining up and queuing</p> <p>Meal times</p> <p>Personal hygiene</p>		 

Encourage by helping them but leaving them to do the last steps. Gradually reduce help until they can do each step on their own

Talk to children about the importance of healthy eating and brushing teeth regularly – consider how to support oral health

Talk to children about why it is important to wash hands including before they at and after the toilet

Families with children who are struggling with toilet training need to be encouraged to seek medical advice

Explain the rules for lining up and queuing- not touching or being too close
Celebrate and praise children for turn taking and self control

Teach and model for children how to eat with good manners in a group, taking turns and being considerate

Help children to develop good personal hygiene, provide regular reminders

Work with parents and health visitors to help children who are not clean and dry through the day