

Nurturing Independence Over the Summer

Areas to
work on

1.FOOD

Preparing, eating & cleaning up



2.CLOTHING

Getting dressed,
choosing, shopping for
clothes, budgeting,
cleaning
clothes



3. PERSONAL HYGIENE

Bathing, using the toilet,
washing
hands.



4. CLEAN ENVIRONMENT

Designated areas of responsibility in the house



5. MANAGING MONEY

Saving, budgeting,
earning money



6. TIME MANAGEMENT & ORGANISATION

Planning, scheduling,
prioritising



7. SOCIAL LIFE

Arranging things for
themselves



8. THINKING

Problem solving, taking responsibility



9. MANAGING EMOTIONS

Articulate, self-regulate
& understand emotions



10. GETTING SELF ABOUT

Walking, cycling, using
public transport





Parenting
Matters

RAISING A CHILD TO THRIVE

Online
Parenting
Course



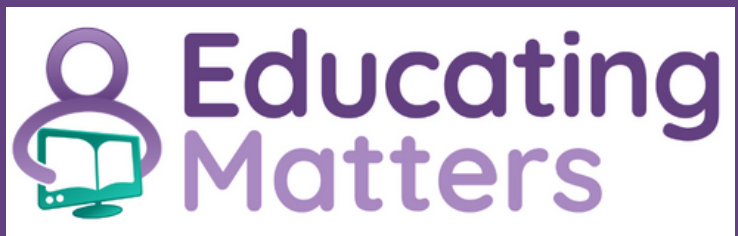
FREE STUFF



Follow on LinkedIn



Follow on YouTube



Check out our Blog



Sign up to our newsletter