Simply Teaching Skills for Life

MANCHESTER CITY COUNCIL

Simply

Teaching

Skills for Life

Dear Parent or Carer,

Feeling stuck for what to do?

Feeling overwhelmed by teaching your child?

Don't worry we are here to help. Follow these small steps to independent living and teach your child some really important skills for life.

This booklet focuses on the skill of self-management which simply means managing yourself to get things done!

It also includes:

- Getting ready
- Being organised
- Being responsible
- Being able to use your initiative and do what needs to be done

We have provided you with examples to teach your child these skills.

Make sure to look out for symbols and to take this chance to talk to your child about safety and risk in the home.

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Every child is different and will develop at different times, you will know when your child is ready to become independent. The home environment is the best place to start. By talking, sharing and teaching your child simple tasks, you will help them to become more independent as they grow up.

Teaching your child life skills can take time. It's a great idea to take it slowly and to gradually introduce new tasks as your child progresses. All tasks should initially be completed together so that you can ensure your child understands risks and dangers involved.

In this booklet you will find suggestions for how to break tasks down into small steps and you will also find blank templates for you to create and complete together.

Why not try?

- Cooking a simple healthy meal
- Preparing a shopping list
- Preparing food

Agreeing a reward system can empower your child to make their own choices and teach important Skills for Life at the same time.

#skillsforlifemcr

Independent Living: Using a Washing Machine

Small steps...	I can do this with help	I can do this safely on my own
Sorts items into two different piles: light and dark colours		
Choose a pile to wash, put them in the washing machine and close the door		
Put washing powder in the right part of the machine and check door is closed		
Choose the right setting and press start		
Look at the timer and check what time the wash will end		
Come back when it's finished and hang the washing out to dry		

Independent Living: Make a Cup of Tea

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Remember to talk to your child about dangers.

Skill: Make a Cup of Tea	I can do this with help	I can do this on my own
Get all the equipment you need: mug, tea, milk, kettle, spoon		
Fill the kettle with water and turn the kettle on		
Put one tea bag in the mug and wait for the kettle to boil		
When the kettle is boiled carefully pour the hot water into the mug		
Brew your tea for about 2 minutes and then add milk to the mug		
Stir your tea, sit down and enjoy :)		

Take care when drinking tea it will be hot!

Independent Living: Making Toast

Remember to talk to your child about dangers.

Small steps...	I can do this with help	I can do this safely on my own
Put bread into the toaster one slice at a time		
Press down the lever on the side and wait		
Get out a plate, knife and butter		
When the toast pops up put it on a plate and be careful it will be hot		
Use the knife to carefully spread some butter onto the toast		
Cut your toast in half and enjoy :)		

Take care when eating your toast it might be hot!

Independent Living: Cooking a Pizza

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Remember to talk to your child about dangers.

Small steps...	I can do this with help	I can do this safely on my own
Look at the back of the box and read the cooking instructions		
Set the oven at the right temperature and turn the oven on		
Wait until the oven is heated up. Take the pizza out the box		
Place only the pizza on a metal tray and use oven gloves to put it in the hot oven		
Check back of pizza box for timings and set and alarm		
When the alarm goes, use oven gloves to carefully take pizza out of the hot oven.		

Take care when eating your pizza it will be hot!

Independent Living: Daily Routines

7 ways to keep clean and fresh

Small steps...	I can do this with help	I can do this safely on my own
Brush your teeth twice a day		
Shower or bathe every day		
Put underarm deodorant onto to a clean body every day		
Put dirty clothes in the washing basket		
Wear clean socks and underwear every day		
Wash hands after going to the toilet, preparing food and being outside		

Independent Living: Weekly Routines

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6 ways to keep healthy and clean.

Small steps...	I can do this with help	I can do this safely on my own
Wash clothes regularly in washing machine		
Tidy up and put things away		
Drink 2-3 big glasses of water every day		
Take part in physical activity and get moving for at least 1 hour every day		
Eat fruit and vegetables every day		
Talk to friends and family and do something you enjoy		

I am going to:_____

_____

What are the small steps?	I can do this with help	I can do this safely on my own

Self-managment

Self-management is simply the skill of managing yourself to get things done.

It includes:

- Being organised
- Being ready
- Being accountable
- Using initiative

These skills are essential Skills for Life

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Dear Parent or Carer,

I hope that this resource has been useful. As this is a new resource I would welcome any feedback on:

- **Whether you found this useful?**
- **If you could change one thing what would it be?**
- **What other tasks do SEND children and young people need to learn for independent living?**

This booklet is a trial and if successful will be produced for different skills, different formats and in different languages.

Please feel free to share any further ideas with me at : natalie.dodd@manchester.gov.uk

Thank you

Natalie

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