

# Fu Yau Project Newsletter

## The Importance of Self-Care Skills in Children

As children grow, they are learning more and more skills to help themselves become more independent.

Parents and caregivers can help teach young children to learn how to do simple daily self-care skills. When teaching a child to learn self-care skills, you first need to know what you can typically expect of a young child at different ages, what your child's skill level is and how to provide clear and simple instructions about how to perform a task.

Following are some tasks children should be able to do:

### By Three Years Olds:

- Put on shoes without ties
- Brush teeth with minimal assistance
- Listen more attentively
- Shower with some assistance
- Wash and dry hands
- Feed self with spoon & fork
- Clean up toys after playing
- Use toilet

### By Four Years Olds:

- All of the above plus
- Dress without help, except with fasteners/buttons
- Learn new words quickly
- Understand simple clear rules
- Brush teeth independently
- Follow established rules and routines
- Independently initiate a simple routine
- Be independent with most self-care skills

Children by the age of three usually enjoy trying to do tasks on their own. When children are learning to become more independent it will take more time to complete the tasks. Be patient! Your role as a parent is to be a model, to provide your child with encouragement and support while allowing your child the extra time he/she needs to complete the task. It will save and give you a lot more time in the long run.

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***Fu Yau means "to support and promote the well-being of our young children."***



# 扶幼通訊

## 兒童自理能力的重要性

隨著孩子的成長，他們也正在學習各種技能，以讓自己變得更加獨立。

家長和照顧者可以幫助和教導孩子如何從日常生活中學習和掌握簡單的自理能力。在幫助孩子掌握這些自理技巧之前，家長首先要知道對不同年齡階段的孩子需要設立不同的期望，清楚自己孩子的能力，並給孩子簡單而清晰的工作指引。

以下是孩子可以勝任的一些簡單的自理任務：

### 當孩子三歲時：

- 可以自己穿鞋子但不會係鞋帶
- 通過少許幫助可以自己刷牙
- 可以比較用心聆聽
- 通過少許幫助可以自己洗澡
- 可以自己洗手和擦手
- 可以用杓子和叉子自己進食
- 可以收拾自己玩過的玩具
- 可以自己上廁所

### 當孩子四歲時：

- 可以勝任上述所有工作
- 可以自己穿衣服而不需要幫助，除非要扣鈕扣或拉拉鍊
- 可以快速地學習新單詞
- 理解簡單明確的規則
- 可以自己刷牙
- 遵守既定的規則和程序
- 主動遵循簡單的日程表
- 在自理方面相當獨立

三歲的孩子通常比較喜歡嘗試自己做事情。當孩子在學習如何獨立執行任務時，他/她將需要較長的時間去完成，作為家長，您除了要耐心等待外，您還要為孩子樹立一個好榜樣，不斷鼓勵和支持你的孩子去嘗試。孩子在學習如何完成這些自理的過程中或許需時甚長，但從長遠來看，當孩子一旦掌握了這些自理技能後，一定能為您省時省力！

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