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#### Teaching Self Care Skills is Critical to our Children's Success

More than ever children, especial since the dramatic effects of Covid, teaching skills to our children can look different and feel very different in each family. Knowing are not alone, is the first step. There are several online and local community support groups to share ideas and resources including Parenting Special Needs "Family Chats". Utilizing these strategies in combination with support groups, schools, and communities can help our children gain the tools they need in their own journey of life. It's a hard reality for us knowing that one day we won't be there to help our children. Understanding and teaching the skills, they need with our support today can ensure their independence tomorrow.

Some general strategies parents can use and teach while helping their child with self-care skills. Using visual supports, social stories, "modeling", or physical guidance.

1. Visual supports
2. Step by Step instructions
3. Visual schedules
4. Rewards
5. Reinforcing good strategies, behaviors and success

Eventually our children will be on their own. Teaching them, communicating with them, role playing with them and celebrating with them, both small and big accomplishments will help to strengthen their independences, their ability to advocate for themselves while maintaining selfcare. It will help them to navigate their lives as adults.

Parenting, special needs magazine

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