

**My Personal Care**

**Begin to recognise own self:**  
Respond to name  
Look in a mirror  
Move body - travel/  
respond to music  
respond to therapeutic touch - hand massage.

**Begin to recognise what their bodies can do:**  
Travelling  
Picking up objects  
Clapping hands and stamping feet  
Running/ jumping.  
Eating/ drinking.

**Begin to acknowledge awareness of a basic need:**  
Recognise when I am hungry and request food.  
Recognise when I am in pain or hurt.  
Recognise when I am wet or soiled

**To be able to request a basic need from an adult. Accepting support and tolerating washing.**  
To bring a cup to an adult.  
To bring a symbol of a cup.  
Accepting water on face, on hands and on body.

**Toileting:**  
Accepting changing of a pad.  
Accepting sitting on a toilet.  
Accepting regular use of a toilet.  
beginning to recognise when they are wet or need to use the toilet.

**Toileting:**  
Able to pull down trousers.  
Able to use toilet roll to wipe.  
Able to wash hands after using the toilet.  
becoming comfortable with toileting routine.

**Washing hands:**  
Noticing when hands are dirty.  
Clean hands routine before eating or cooking food and after using toilet.  
Turning a tap on and off.  
Using soap to wash hands.  
Rinsing hands and drying hands.

**Tooth brushing**  
Taste tooth paste  
Holding a toothbrush  
Copy adult modelling of brushing.  
Increase time brushing teeth.  
Brush all sides of teeth.  
Rinse toothbrush.

**Washing body and period care.**  
Practicing standing under shower.  
Running warm water. Using soap to wash under arms, genital areas and face.  
Putting a sanitary towel on.  
Removing and putting in bin.

**Brushing and washing hair and cleaning nails:**  
Allowing an adult to brush hair  
Practising brushing own hair.  
Wetting hair, applying shampoo and rinsing hair.  
Using nail brush.

**Independence and problem solving:**  
Able to retrieve all personal care items.  
Notice if items need to be replaced.  
Completing personal care routines without prompting.