



# Self-Care Difficulties in Children: A Parent's Guide



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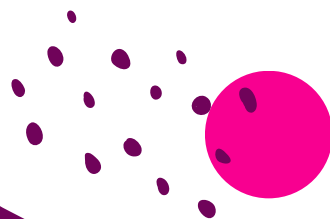
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# What is Self-Care?

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Self-care refers to the ability to manage daily tasks independently, such as personal hygiene, dressing, eating, and grooming. It is an essential aspect of overall well-being and development in children, contributing to their sense of independence and confidence.





# Diagnosis of Self-Care Difficulties:

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Self-care difficulties are typically diagnosed through careful observation of a child's behaviour and abilities in performing daily activities. These difficulties are often identified when a child consistently struggles with age-appropriate self-care tasks and routines.



# Diagnosing Authority:

Qualified professionals, such as Paediatricians, child Psychologists, or Occupational Therapists, are often involved in diagnosing self-care difficulties in children.



# Checklist for Parents: Characteristics of Self Care Difficulties:

- ✓ Difficulty in maintaining personal hygiene consistently
- ✓ Inability to dress appropriately for different occasions
- ✓ Resistance to eating or challenges in managing mealtimes
- ✓ Lack of interest in grooming or self-care activities
- ✓ Persistent disorganisation of personal belongings and space



# Steps to Take if You Suspect Self-Care Difficulties in Your Child:

1. Observe and document specific instances where your child struggles with self-care tasks.

2. Seek guidance from a qualified Occupational Therapist, Psychologist or Paediatrician for a comprehensive evaluation.



# Strategies to Support Children with Self-Care

## Difficulties:

- Create a structured routine for daily self-care activities.
- Encourage and praise any progress made in managing self-care tasks.
- Explore different sensory techniques to make self-care activities more manageable and enjoyable for your child.
- Provide visual aids or step-by-step guides for self-care tasks.
- Use sensory-friendly grooming tools, like soft-bristled toothbrushes or gentle hairbrushes.
- Offer simple and easy to manage clothing options.
- Incorporate play-based activities to make self-care tasks more engaging.
- Implement positive reinforcement and rewards for successful completion of self-care activities.
- Create a calm and organised environment to facilitate self-care routines.
- Teach and practice basic self-care skills through role-playing and modelling.

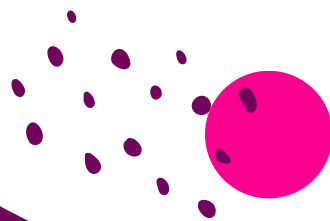


- Break down complex tasks into smaller, manageable steps.
- Encourage independence by allowing your child to make choices within structured limits.
- Utilise timers or visual schedules to help with time management during self-care tasks.
- Collaborate with Teachers and school staff to promote consistency between home and school environments.
- Introduce calming techniques, such as deep breathing or sensory play, to alleviate anxiety related to self-care activities.
- Explore assistive devices or tools that can facilitate self-care tasks, such as adaptive utensils or specialised clothing fasteners.
- Foster a supportive and understanding environment that emphasises progress over perfection.
- Engage in activities that promote sensory integration and regulation, such as outdoor play or structured sensory play sessions.

- Incorporate social stories or visual narratives to explain the importance of self-care and its impact on overall well-being.
- Foster open communication with your child, encouraging them to express their feelings and concerns about self-care activities.
- Celebrate small victories and progress, acknowledging your child's efforts in overcoming self-care challenges.

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Recognising and addressing self-care difficulties in children is crucial for their holistic development and well-being. By fostering a supportive and structured environment, along with implementing tailored strategies, parents can empower their children to navigate self-care tasks with confidence and independence. Seeking guidance from healthcare professionals and implementing consistent support at home can significantly contribute to your child's overall progress and quality of life. Please reach out to Inspire Allied Health and Education Group to find out how we can support your child and family.





# Contact

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