

## Helping Your Child Develop Personal Responsibility

Suggestions for enhancing personal responsibility skills are listed below:

- Encourage your child to help with clean-up beginning at an early age.
- Give your child responsibilities for placing napkins or utensils on the table. Build routines for children to begin clearing their own plates/placemats, utensils.
- Ask your child to be your "helper" during routine chores and let him/her perform simple tasks such as sweeping with a small broom, putting away laundry, matching socks.
- Designate areas and label belongings so that your child can work toward identifying shelves, bins, and drawers in which to put away items. Build routines that enhance putting his own things away in the designated areas. Teach your child to match the item to the label so that they can easily help with clean-up.

**Participation** is an important factor of Adaptive and Self-Care behavior and personal responsibility. Below are strategies to provide additional supports for children who have unique needs:

- Use visual schedules and state directions in a "first/then" format so that your child is aware of what will be happening. Refer to the visual schedule throughout the day. Familiarity with the routine increases ease of participation.
- Encourage and praise attempts, even if there are mistakes in your child's performance. Provide visual steps and modeling for new tasks.
- Use time frames and timers so that your child will know when an activity will end.
- Allow extra time in the routine when introducing new skills.
- Deal with your child's frustrations calmly. Repeat and model the instructions. Reinforce attempts.

**Transitions** have a vital role in helping children learn skills such as helping to clean up, remaining with a group or with a task, and following directions. Transitions should be planned as a regular part of the daily routine.

- Use a visual classroom schedule to show and prepare for changes and to make your child aware of "what will happen next."
- Use a timer or "time" statement to prepare for changes in activities:
  - "One more minute"
  - "Two more times"
- Use a transition warning to cue your child that activities are about to change:
  - Transition song or rhyme
  - Lights flicked off and on
  - Clapping hands

### Examples of Free Resources:

Printables for Preschool: <http://www.notimeforflashcards.com>

Families Together: <http://famielstogethertnc.org/index.php/who-i-am/visual-supports-free/>

Do2Learn: <http://www.do2learn.com/picturecards/howtouse/schedule>

Autism Speaks: <https://www.autismspeaks.org/family-services/resource-library/visual-tools>

Visual Aids for Learning: <http://www.visualaidsforlearning.com/>

ConnectAbility: <http://connectability.ca/visuals-engine/>