

SELF-CARE: DAILY LIVING SKILLS

Children and youth with diverse needs may need more help and support when it comes to self-care. Taking care of basic hygiene such as brushing teeth, bathing and changing clothes may not come easy. Some of this may be due to skill development with routines and motor skills, or it may be a lack of social understanding around social cues.

Parents are often the primary teachers when it comes to hygiene and self-care, but for families with children with disabilities, they often require the support of care workers and schools to reinforce and build on these skills but during the pandemic, these additional supports may not be available. Listed below are a selection of resources you may find helpful in developing self-care skills at home.

TASCC: [Hygiene and Self Care](#)

[Center for Change in Transition Services: Independent Living](#)

