

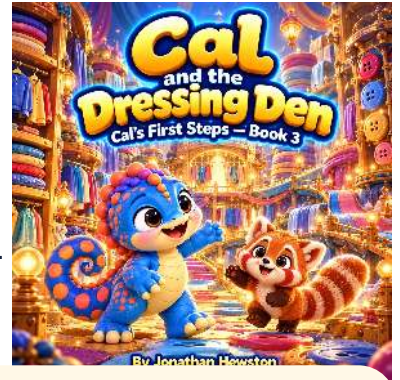


First Steps routine sample

Use before an everyday routine: look, talk, try, celebrate.

Before we get dressed

Keep the language short. Let the child point, choose or answer in their own way.



1

LOOK

What clothes can we see?

2

CHOOSE

What will we put on first?

3

TRY

Which part can you do?

4

CELEBRATE

What went well?

Tip: independence grows through repetition. Offer help without turning the routine into a test.