



## HELLO PARENTS,

Teaching your child essential life skills can begin at a young age and will benefit them throughout their lifetime. Simple skills such as preparing a meal, doing laundry, and tying shoe laces are essential to daily life success. When your child masters simple life skills, they build confidence to complete greater tasks. In this newsletter, you will be provided with interactive activities that will teach your child life skills, while having fun!

## ACTIVITIES

### INFANTS (3 – 18 MONTHS)

#### IT IS BATH TIME!

##### MATERIALS:

- Washcloth

##### DIRECTIONS:

- Prepare the bath for your infant.
- Place your infant in the bath and begin washing them.
- Comment on what you are doing. For example, you may say: "We are washing your hair with shampoo!"
- Give your infant a washcloth and place your hand over theirs while washing their body. Observe as your infant may begin to imitate your actions, and wash themselves.

[Click here](#) to listen to "Bath Song".

### TODDLERS (19 MONTHS – 2.5 YEARS)

#### GETTING DRESSED FOR THE DAY

##### MATERIALS:

- Your child's clothes

##### DIRECTIONS:

- In the morning, ask your child to choose their clothes for the day.
- Pick out a few clothing items and ask your child what they would like to wear. Your child may be able to tell you, or they may point to items of clothing.
- Once your child selects their clothes help them undress from their sleepwear.
- You may assist your child to put on their own clothes and help them by making simple adjustments if needed.

[Click here](#) to listen to "This is The Way I Get Dressed By Myself".

### PRESCHOOLERS (2.5 – 5 YEARS)

#### TABLE-SETTING GAME

##### MATERIALS:

- Paper
- Markers
- Pencil
- Scissors
- Plates, cups, silverware

##### DIRECTIONS:

- [Click here](#) and [here](#) to view the game spinner and placemat, which you may print or draw. Ensure that each player has a placemat.
- Place the placemats on the table where the players will be sitting.
- Place all plates, cups, and silverware in the middle of the table.
- Take turns spinning the game spinner to determine which item the player will place on their placemat.
- Whoever fills their placemat with plates, cups, and silverware first, wins the game!

[Click here](#) for more activities.

### JK/SK (4 – 6 YEARS)

#### TYING OUR SHOELACES

##### MATERIALS:

- Shoes with laces

##### DIRECTIONS:

- [Click here](#) to listen to "Tying Shoe Laces Song" and learn how to tie shoe laces.
- Have your child bring a pair of their shoes with laces.
- Follow the steps in the video, and practice tying the shoe laces together until your child has mastered this life skill.

[Click here](#) to learn the life skill of gardening.

### SCHOOL-AGERS (6 – 12 YEARS)

#### LAUNDRY DAY

##### MATERIALS:

- Laundry
- Laundry detergent
- Laundry basket

##### DIRECTIONS:

- It is laundry day! Bring the baskets of dirty laundry to the laundry room.
- Begin by sorting the laundry into three piles: white, dark, and coloured. Make sure you read each label to know how it should be washed and dried.
- If the pile you sorted is large, divide it in half so you do not put a lot of clothes inside the washing machine at one time.
- Let's start washing each pile! Load the laundry into the washing machine. With the help of your parents, measure the correct amount of detergent you will need for your load of laundry.
- After each load of clothes is finished washing, put them inside the dryer.
- Once you have finished washing and drying all your clothes, fold and place them in their correct piles, according to family members. For example, mom's clothes, dad's clothes, sister's clothes, etc.
- Now, it is time to race! When you have finished folding the clothes, conduct a race with your family members to see who will put the clothes away the fastest!

[Click here](#) to learn how to fold clothes using Marie Kondo techniques.



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and Citizenship Canada

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#### A TIP FOR TODAY

- Teach your child how to manage time. For example, you may provide them with an alarm clock that they can set and use on a daily basis.
- Decision making is an important and essential skill to learn. You may teach your child this skill by asking them to choose between two games, or two different pieces of clothing.
- Teach your child to manage their money. Give your child a certain amount of money every week, and if they wish to buy something, ask them to save their money to purchase it. You may motivate your child to do this by using a piggy-bank or savings jar.
- Encourage your child to help you make simple meals. You may cook together, or set the table for a family meal.