



# PRESCHOOL

OF DUNWOODY UNITED METHODIST CHURCH

## Top Self Help Skills for Each Age

One of the goals we have as teachers and parents is to teach our children to be self-sufficient. Meeting such a goal does not happen overnight. It is a process we will guide our children through from their earliest years on into young adulthood. It is important to know that even very young children are ready to start taking some responsibility for themselves. It is also important to know that children feel empowered and capable when we trust them to do things for themselves. When we do everything for our children, they can feel we don't trust them to do it right or that they can't do it. In light of this, our teachers have compiled a list of the top five self-help skills your child should have at each age level. All children, Twos – Kindergarten are encouraged to use carpool when arriving and departing school.

### Toddlers:

1. Toddlers should be able to drink from a sippy cup at school (not bottle)

### Twos:

1. Learning to carry his/her own schoolbag and walk into classroom in the mornings
2. Drink from an open cup and feed himself/herself
3. Wash and dry own hands
4. Clean up toys and understand simple directions like "Pick up the toys" or "Put away the toys"
5. Walk into classroom in the morning (not be carried in by a parent of caregiver)
6. Be able to communicate basic needs to the teacher

### Threes:

1. Be fully toilet-trained (*see Toilet-Training Policy on next page*)
2. Wash and dry own hands
3. Feed himself/herself snack and drink from a cup (not a sippy cup or cup with a straw)
4. Walk into classroom in the morning (not be carried in by a parent of caregiver) and hang up bag/coat
5. Follow two-step oral directions (For example, "Put the toys away and come sit on the rug.")
6. Be able to communicate basic needs to the teacher

### Fours:

1. Check in, hang up schoolbag and coat and wash hands upon entering classroom.
2. Clean up classroom materials and workspace when finished working or playing.
3. Recognize name in print
4. Put outerwear on independently (teachers will work with students on zipping and buttoning.)
5. Transition smoothly

### Kindergarten:

1. Check in, hang up schoolbag and coat, wash hands and turn in any homework or other papers from home upon entering classroom.
2. Clean up classroom materials and workspace when finished working or playing.
3. Keep up with own school supplies (crayons, scissors, pencils, glue)
4. Button, zip and snap own clothing
5. Pack up papers to go home in schoolbag at the end of the day

## TOILET-TRAINING POLICY

A child entering the Threes class at the beginning of September should be sufficiently toilet-trained to spend three hours in class without having continual “accidents” and should be cooperative when asked to use the restroom at periodic intervals.

Three year old classrooms are not equipped to handle children still in diapers or pull-ups. If your child requests your help with hygiene, we encourage you to teach them proper techniques, as they should handle these tasks independently while at school.

All children in the Threes, Fours, and Kindergarten classes must be fully toilet-trained at the beginning of the school year to attend class. Each child should be wearing underwear, not Pull-Ups or diapers, at school.

*For the purpose of clarification, our definition of fully toilet-trained is:*

1. The child recognizes when he/she needs to go to the restroom.
2. The child verbally informs an adult of the need to go to the restroom.
3. The child enters the restroom on his/her own.
4. The child manipulates his/her clothing off and on with little or no assistance.
5. The child sits or stands at the commode and handles own cleaning (wiping) needs.
6. The child washes his/her hands and rejoins the class.

If a child is not sufficiently toilet-trained to consistently perform the tasks listed above while at school, he/she may be asked by the teacher or the Director to remain at home until toilet-training is complete. While we understand accidents do occur occasionally, repeated “accidents” or uncooperative behavior may result in a parent being called to remove the child from the classroom for the remainder of the class day.

On the second incident of wet or soiled pants within the same day, we will call the parent or caregiver to take the child home for the remainder of the day. Depending on frequency, the second time a parent is called to pick up, you may be asked to keep the child home for an extended period to complete training.

This is not a punishment but rather an opportunity for the child to develop and grow in their toilet-training abilities in a place where they may be more comfortable and without the time constraints of a preschool schedule. For some excellent tips on toilet-training, we recommend *Positive Discipline for Preschoolers* or John Rosemond’s parenting website, [www.JohnRosemond.com](http://www.JohnRosemond.com).