

Today I Can



You can snip.

*...and thread
the needle.*



...and stitch.



Over a period of days, teach your child a skill that involves several steps.

Your child may notice her own progress. She will see that difficult skills are learned over time.



Why this is important

This activity lets your child see that she can now do tasks she could not do before. Learning to see her own progress in a series of steps helps your child set and reach realistic goals.

What you do

- Choose a task that can be broken into short, manageable steps. A few examples are: tying shoes, fastening a seatbelt, setting the table, and simple sewing.
- Gather your supplies. For example, for sewing, you need large cloth squares, thread, yarn, sewing needles with large eyes, and scissors.
- Invite your child to sit with you as you help her with the process and the words.
- Show and say each step: *First, I unwind some thread from the spool and cut it with the scissors. I thread it through the needle and knot the two ends together.* Encourage her to repeat the steps.
- Show the next steps: Sticking the needle in and out of the cloth; using all of the thread; cutting the needle loose.
- Help your child finish. Offer positive remarks for each step she does all on her own.
- Clean up together. Discuss what she did by herself.
Do you remember the steps you did by yourself?

Another idea

Repeat the task at another time. Review the steps: *Can you remember if you threaded the needle? No? Maybe you can practice that today.* Take pictures of your child working, and make a book with her. She can tell you what she did by herself at each step. You can write her words under the pictures.

Let's read together!

Little Bat
by Tania Cox