



Subject: Child Development and Care
Topic: Activities to support independence

Key vocabulary

- Sleep
- Rest
- Appetite
- Confidence
- Physical activity
- Balanced diet
 - Vitamins
 - Minerals
 - Protein
 - Fat
- Carbohydrate
- Eat well plate
 - Portion
 - Clothing
 - Footwear
- Personal hygiene
 - Decay
 - Infection
- Stimulating
- Accidents
 - Risks
 - Hazards

Everyday activities which promote independence

- Sleep and rest
- Physical activity
- A balanced diet including water
- Suitable clothing for the weather
- Personal hygiene, for example, washing skin, care of hair and teeth
- Safe environment



Importance of routines

Routines are helpful in helping children to sleep and rest as most children need a period of winding down and relaxing first



Promoting independence

Children can be helped to become independent in physical activity if they are encouraged to try out new skills.

Children can be involved in preparing meals and snacks and take things to the table. They can practice pouring their own drinks when they're old enough. They can also be encouraged to use cutlery during mealtimes and drink from beakers with lids and then cups. After eating, children should be involved with wiping their faces and washing their hands. They can also be encouraged to clear away their own plates and cutlery.

Children need to learn to keep themselves clean – washing their hands regularly and washing themselves in the bath or shower with the use of fun games and songs. It is also important for them to be involved in brushing their own teeth by putting toothpaste on their toothbrush.

Children can be encouraged to tidy up to prevent accidents. They can also be encouraged to think about how to stay safe.

Balanced diet and water

1. A balanced diet provides energy
2. It helps children to grow in line with their age and stage of development
3. It provides children with the vitamins and minerals needed for healthy teeth, bones and gums
4. It is important for preventing illness
5. A balanced diet does not include sugary foods



Personal hygiene

1. Personal hygiene is important to prevent infection
2. It keeps children feeling comfortable
3. It prevents teeth from decaying
4. Teeth should be cleaned twice a day
5. Hands should be washed before eating, after going to the toilet and after being outdoors.



Physical activity

1. Physical activity builds children's muscles and bones
2. It helps the healthy development of the lung and heart
3. It helps children to sleep better and have an appetite
4. It gives children confidence
5. It builds children's physical skills



Sleep and rest

1. Sleep and rest are important for children's growth and development
2. They prevent children from becoming ill
3. Overtired children find it hard to manage their emotions and behaviour
4. During sleep, the brain stores and processes information
5. Sleep is easier to manage as part of a routine



Safe and stimulating environment

1. A stimulating environment is important for children's holistic development
2. A safe and stimulating environment reflects the age and stage of the children's development
3. A safe environment prevents children from becoming injured
4. As children develop, they need to learn to assess risks in the environment
5. Children also need to learn to maintain the environment so that it stays safe and stimulating

Head over to..... to find a range of revision resources and activities to help you understand