


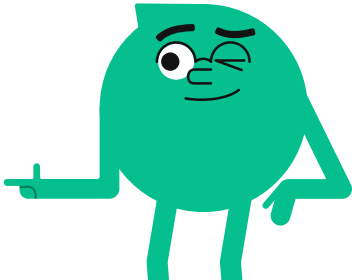




Tasks to foster your child's autonomy

I am...	I can...
<div>2 years old</div> <div></div>	<div>Help pick up my toys.</div> <div>Help throw out my diapers.</div> <div>Choose which colour cup I want to use.</div> <div>Etc.</div>
<div>3 to 4 years old</div> <div></div>	<div>Wash my hands by myself.</div> <div>Put my dirty laundry in the hamper.</div> <div>Help fold the towels.</div> <div>Etc.</div>
<div>5 to 6 years old</div> <div></div>	<div>Make my bed.</div> <div>Help out in the kitchen.</div> <div>Help put away the groceries.</div> <div>Feed the cat.</div> <div>Brush my teeth.</div> <div>Etc.</div> <div></div>
<div>7 to 8 years old</div> <div></div>	<div>Pick out my clothes.</div> <div>Help put away the dishes.</div> <div>Help set the table.</div> <div>Take a bath by myself.</div> <div>Etc.</div>
<div>9 or more years old</div> <div></div>	<div>Help take out the garbage.</div> <div>Wake up on my own using an alarm.</div> <div>Help sweep the floor.</div> <div>Do my homework on my own.</div> <div>Etc.</div>

Feel free to adapt these suggestions to your child.