

Helping With Personal Organisation

Helping your child and doing things for them is quite natural, indeed when they are babies we have to do everything for them. However as your child gets older, of course they need to become more independent. Some children seem to do this easily whilst some seem to need more help and have to be taught how to organise themselves.



Helping your child to get organised, will get them off to the right start.

How to help

- Talk about the following day. What will they be doing? What will they need? (e.g. pens/ paper, PE kit, etc)
- Keep a planner or calendar at home so that your child can 'see' the week ahead.
- Get your child to make lists of things to do.
- Encourage them to pack their school bag the night before.
- Help your child to become an independent learner. Explain how to look up information or find a word in a dictionary rather than simply giving them the answer.
- Provide equipment and a quiet place to work
- Give the responsibility to your child - small steps at first and ask them questions to check and support them.
- Offer lots of encouragement and praise
- Don't show your frustration or anger!