

A PARENT'S ONE-PAGE GUIDE



Doing It Themselves

How to hand over one small step at a time



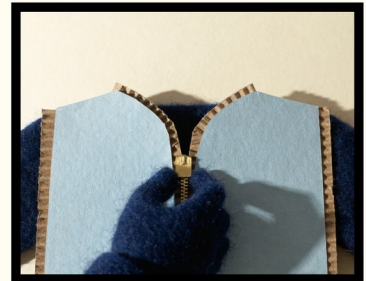
01

Start at the end. Do all of it except the last step, and let your child finish. Finishing is what feels like doing it.



02

Break it smaller than you think. "Put on socks" is five steps. Teach the one your child almost has.



03

Fade your hands.

Hand over hand, then a touch at the elbow, then a point, then nothing. Move back one level at a time.



04

Let it be slow. A task your child does badly and alone beats a task you do quickly for them.



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