

Hand over the last step first

Four ways to give a daily task back to your child, one small piece at a time.

1

Start at the end.

Do all of it except the last step, and let your child finish. Finishing is the part that feels like doing it.



2

Break it smaller than you think.

Putting on socks is five steps, not one. Teach the step your child almost has, and keep doing the rest.



3

Fade your hands.

Hand over hand, then a touch at the elbow, then a point, then nothing. Move back one level at a time, not all at once.



4

Let it be slow.

A task your child does badly and alone beats a task you do quickly for them. Build the extra minutes into the morning.

