


DAILY ROUTINE:

Self-care	Self-care tasks are activities you do every day to take care of you.		Dressing, bathing, self-feeding, toileting, etc.
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- [Caring for Kids](#) provides parents with information about their child's health and well-being.
- [AboutKidsHealth](#) is a health education website for children, youth and their caregivers.
- The [Encyclopedia of Early Childhood Development](#) provides up-to-date knowledge on the development of young children from conception to age five.
- When teaching a new skill, we often start at the beginning. This can be challenging for children sometimes as they get frustrated. You can give your child a sense of achievement by using the [Backward Chaining](#) technique.
- Feeding infants and toddlers can be intense and emotional. This fact sheet aims to provide a description of the [Developmental Stages in Infant and Toddler Feeding](#) observed around food and feeding in infants and young children.
- [Creating Routines](#), consistent activities that happen at about the same time and in about the same way each day, provide comfort and a sense of safety to young children.
- This [Self-Care Development Chart](#) covers the skills for the everyday tasks undertaken to be ready to participate in life activities (including dressing, eating, cleaning teeth and more).
- When it comes to [Toilet Learning](#), every child is different. Some children are ready as young as 18 months, but most start between 2 and 4 years of age.
- Learn what signs to look for to indicate your child is ready to learn how to use the toilet ([Toilet Learning/Training](#)) and about some techniques you can use.