

自己動手

要說的話：

- 「沒有關係，我們來把它弄乾淨。」－學習自己動手時免不了會弄髒、弄亂。
- 「你能挑出今天要穿的衣服嗎？」－給孩子挑選自己的衣服自己穿的機會。
- 「拉鏈不太好使。再試試！」－扣搭釦、繫皮帶、扣鈕扣都是既用力又精細的運動技巧。

相關閱讀材料：

Happy Dresser (Happy Series)
Sally Hewitt 和 Craig Cameron 著

On My Own: Helping Kids Help Themselves
Tova Navarra 和 Tom Keer 著

Why Do I Need to Eat Fruits & Veggies? 教育活動

Mrs. Clean Jean's Housekeeping with Kids: Family Pick-Up Lines (and Household Routines) That Work with Less Work from You, Tara Aronson 著



Illustrations by Corey Smigliani

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