

# Self-Care Skills

daily activity that we do to take care of our physical health



## Empathy

Being aware of the feelings and emotions of another.

Empathy is important for a child with skill deficits due to abuse, trauma, or neglect.

Empathy: (1) communicates care to the child; (2) helps the child understand his/her own feelings; and (3) shows that the caregiver is an active listener. Use empathy with the child by talking about the feelings the child is feeling in the situation. Ex. "You must be excited about earning that A; you worked so hard!"

1

### TRAUMA

Including abuse and neglect, may affect self-care skills

2

### SELF-CARE SKILLS

Teaching self-care skills to children in foster care

3

### PROBLEM BEHAVIOR

Handling problem behavior in children in foster care

### Abuse

The improper or excessive use of treatment.



### Trauma

Severe emotional shock caused by an extremely upsetting event.



### Neglect

Failing to care for another individual.



## Problem Behavior

Can affect completion of self-care skills

- Behavior that includes abnormal behavior.
- Behavior that can be dangerous.
- Behavior that may limit the child.
- Behavior that may impede opportunities to learn.



## Task Analysis: A “to do” list

Breaking up tasks into simple steps

Washing Hands
1. Turn on water.
2. Wet hands.
3. Get soap.
4. Scrub hands.
5. Rinse hands.
6. Turn off water.
7. Dry hands.
8. Throw away paper towel.

## Prompts

Provide guidance so the child can later do the skill on his/her own

- Visual Prompt: anything that the child can see, such as pictures or written words.
- Vocal Prompt: a vocal directive to the child, such as a full answer or part of an answer.
- Gesture Prompt: an action that can be watched, such as nodding or pointing.



## REWARDS

- Provide expectations.
- Motivate good behavior.
- Give choices.
- Increase following directions.
- Decrease problem behavior.



## REWARD TIPS

- Deliver rewards consistently.
- Provide genuine praise.
- Make rewards special.
- Provide options for rewards.