



Exploring Daily Living Skills



What in the world are Daily Living Skills?

Daily Living Skills (DLS) are vital self-care activities carried out each day to uphold our physical and emotional health. By practicing these skills, we enhance our daily experiences and build a strong foundation.

What do Daily Living Skills look like in Early Childhood?

During the preschool years, children absorb life skills like sponges. This period is the best time to build independence, responsibility, and confidence. These skills are key ingredients for shaping resilient and independent adults.

Examples of Early Childhood Daily Living Skills

- Hygiene
- Communication
- Getting dressed
- Eating Healthy
- Bathing/Showering
- Potty Training
- Problem-solving skills



How can we help develop Daily Living Skills in children?

- Stick to a routine
- Turn errands into adventures
- Join in the fun
- Talk while completing tasks

Encourage imaginative play

