



Let Me Try - I Can Do It

Small chances to do it myself make growing independence visible.

Helps Your Child Grow



Sense of Identity and Belonging

Repeatedly taking part in small everyday tasks helps your child build confidence in “I can do it” and gradually act with greater independence.

Steps

- As your child grows, you may notice a shift from needing help with everything to wanting to do everything “myself.” Here are some everyday things a two-year-old may be ready to try.
- At meals, your child can use a spoon, hold a cup with both hands, and hand you an empty bowl or cup when finished.
- While dressing, your child can push an arm into a sleeve, a leg into pants, or lift a foot for a shoe. While undressing, they may try pulling off socks or removing a hat.
- During hygiene routines, your child can rub hands together, rinse them under water, and dry with a towel. They can wipe their face after brushing teeth or washing and help wash their arms, belly, and legs during a bath.
- Your child can also return toys to a bin, put dirty clothes in a hamper, and help wipe their small table.

Tips

- When your child wants to try an everyday task, give them room to do it when the situation allows and notice their effort.

Observations

- ☐ Wants to try doing everyday tasks independently
- ☐ Follows a simple direction you give