



I Can Help Too

Build confidence by letting your child help with a small everyday task.

Helps Your Child Grow



Sense of Identity and Belonging

Taking part in small everyday jobs gives your child chances to express ideas, show what they can do, and build confidence in “I can help.”



Memory

Repeatedly taking part in a familiar routine helps your child remember what needs to be done and use the sequence in later tasks.

Steps

- At two and a half, your child can handle more everyday tasks and may be eager to show what they can do.
- Instead of stepping in immediately, offer regular chances to participate and build a sense of “I can do it.”
- Before they begin, show confidence in them: “You can try,” or “You can help.”
- For example, let your child choose what goes in their small backpack or select one item at the grocery store.
- Create chances to help other people too, such as handing someone a tissue or bringing a lightweight object.
- Through these experiences, your child can show their growing abilities and begin to see themselves as capable.

Tips

- Including your child in simple decisions helps them feel that they belong and can contribute to family life.
- At first, offer two suitable choices: “Would you like us to buy yogurt or fruit?”

Observations

- Offers help to someone, such as handing them a tissue
- Uses familiar routines to choose what to bring before going out