

I CAN I WANT TO



**Information
for parents**

It benefits the children, everyday life at home,
and the educators' working environment if the children
can do things themselves. Because children can and want to help out.

This pamphlet will give you information on everything children can
and will do themselves at daycare, and how you as a parent can support
your child in his or her development.



Why should children be able to do things themselves?

When children can do more for themselves, it improves their motor skills and they experience success *by being able to do things themselves*. At the same time, it helps the educators to avoid bad postures at work and to avoid lifting and carrying children unnecessarily. That's why the Danish Working Environment Authority (WEA) and BFA Welfare and Public Administration have put together this pamphlet as inspiration for good cooperation between educators and parents for helping children to develop and creating a good working environment at daycare centres.

Invest in everyday life

Every time children manage to do something themselves, they become more motivated to do more for themselves in the future. It takes patience. In return, it will make everyday life easier, both at home and at daycare.



It gives children *confidence* when they can do things themselves, and it increases their motivation to learn more.

Independent children in everyday life

Daycare is where children practice doing things themselves, which is why children take an active part in as many things as they can. You can do the same at home if you want to help us make your child more self-reliant in everyday life.



Pain is one of the single biggest risk factors in sick leave. 4 out of 10 employees at daycare centres for children under 6 say that they experience pain at work several times a week.

A good drop-off

Try to let your child go into the room himself/herself in the morning. That way, your child takes an active part in the drop-off, and the employees avoid lifting and carrying when receiving your child at their height. Children can also hang up their own clothes and pack their own bags. Making this a fixed routine will improve the children's experience of being able to do things themselves, and will also prevent children and adults from tripping over clothes and bags.

Meal times

At many daycare centres, employees let the children help with setting the table and clearing up afterwards, and small children get permission to climb up onto the highchair themselves as soon as it is safe. Children tend to enjoy pouring their own drinks and this also strengthens their coordination.



Getting dressed and undressed

If time is of the essence, it is of course faster if the adults dress the children, but the employees at the daycare centre will try to let them do it themselves as much as possible. Children practise putting on and taking off their snow suit/jacket, boots, hats and mittens when they are very small at nursery or daycare. At the beginning, the children can help to put their legs into the snow suit, then the arms, and finally zip the whole thing up themselves. If children dress and undress themselves, it helps the employees avoid bad postures at work.

Nap

When the children go to take a nap, they should climb up into the children's bed or crib themselves as much as possible, using a step. Climbing up the step is good for the little ones' motor skills, and saves the employees a lot of awkward lifting.



**Please do not help the children
if they *can and want*
to help themselves.**

At the changing station

The children are also allowed to take an active part in getting changed. Children are encouraged to get on and off the changing station themselves, e.g. with the help of a height-adjustable table or a step ladder. This helps employees to avoid lifting the children. The children can also help by taking on and off their own trousers and loosening their own nappy. Children will often take pride in being involved, and it prepares them for getting dressed and undressed themselves later on.






On the playground

On the playground, children should be supported and motivated to use the play equipment themselves. This gives the children the confidence to clamber onto the swings and climbing frames themselves, and at the same time helps employees to avoid unnecessary lifting. You can also practise getting on and off the equipment with your child.

Cleaning up

It is a huge help when children clean up after themselves. It creates a great ending to playtime and is also a good habit. It also helps employees to avoid bad postures from bending down to pick up bricks and cars from the floor.



6 out of 10 employees at daycare centres for children under 6 say that they are lifting and carrying for at least 1/4 of their working day. When daycare employees register muscular or skeletal pain as work injuries, they have mostly been exposed to lifting and carrying

The wardrobe

It's a good idea to only use children's wardrobes for storing clothes that are easy to put on and take off - both for the children themselves and for the employees. It strengthens the children's independence and motor skills if they can get dressed themselves. It strengthens the children's independence and motor skills if they can get dressed themselves. At the same time, it saves employees from bad postures at work.

Here are a few examples of practical clothing for wearing at daycare:

Shoes with velcro, so that the children can learn to put on and take off their own shoes.

Trousers with elastic waistbands.

This is particularly important until they have learnt how to button their own trousers.

A practical jacket or snow suit that the children can learn to put on and take off themselves.

Two-piece underwear as soon as the children can walk. Clothes with snap fasteners put a strain on employees' fingers, and the children cannot help themselves.





Care and development of motor skills

The employees at the daycare centre do a lot to teach children that they can do things themselves. Strengthening children's motor skills is a part of an educator's work and goes hand in hand with the opportunities of the employees to create closeness and a level of care for the children. At the same time, it saves employees from bad postures at work and means they won't have to do any unnecessary lifting or carrying.

Every child is different and the employees at the daycare centre will pay special attention to a child whenever necessary. Remember that you can always ask the employees if there is anything you are concerned about.

You can find more information at:
www.amid.dk/dagtilbud
www.arbejdsmiljoweb.dk/laddogbarnet