

Ask, Say, Do

Helps children learn to do things for themselves

ASK: the child what they need to do first

e.g. "What do we do first when we want to wash up?"

SAY: If the child does not know or answer, tell them

e.g. "First we fill the bowl with hot, soapy water."

DO: If the child has trouble doing what you say, help them, but only as much as is needed.

e.g. "Here, let me show/guide you."

Then repeat using **ASK, SAY, DO** for each step needed to complete the task:

- e.g. choosing what to wash up first
- washing item
- checking it is clean
- rinsing item
- choosing where to put it on the draining board

Remember to allow lots of extra time for child to learn the new skill!



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