



## SKILLBUILDERS GROUP PROGRAMME

# LITTLE SEALS

### For Ages 4-6

Designed and run by our Occupational Therapists, this group is aimed at helping children build their self care skills including:

- Dressing
- Packing their bag
- Teeth brushing
- Hair brushing
- Washing hands
- Showering and washing
- Toileting
- Using a knife and fork
- Peeling fruit
- Nose blowing

For more information please contact us on 9332 2223 or email [Penny@skillbuilders.com.au](mailto:Penny@skillbuilders.com.au)

