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My first practical advice for parents with Apraxic children is “Let your child do as much as possible for him or herself”.

Here are a few helpful guidelines of things to encourage:

- Self feeding with a spoon and later a fork and a knife;
- Drinking from a cup and with a straw and not only from a sipping cup or bottle;
- Sitting on a chair at a table after having had to pull the chair out and pulling it closer to the table again after being seated;
- First having to undress after which getting dressed by him or herself;
- Getting in and out of a bath without or only with as little support as possible;
- Opening and closing the bath and washing its taps;
- Play in a bath with empty bottles and tops, containers, plastic cups and straws for blowing bubbles in the water;
- Washing and drying with minimum assistance;
- Brushing of own teeth;
- Try to comb hair;
- Becoming independent in the toilet;
- Opening and closing of doors;
- Walking up and down steps by him or herself;
- Getting in and out of the car independently; and,
- Fastening of seatbelts unassisted.