

PROMOTING INDEPENDENCE



What is independence ?

It is the ability to solve problems, think and act for oneself, and to make decisions.

WHAT ARE SOME BENEFITS OF TEACHING CHILDREN INDEPENDENCE?

promotes self confidence,
self motivation, self help skills,
patience, concentration, cooperation,
a sense of importance and belonging,
self-awareness and sensitivity
towards others

WHAT ARE SOME WAYS TO TEACH CHILDREN INDEPENDENCE?

OFFER CHOICES

PROVIDE FLEXIBILITY WITHIN STRUCTURE

SUPPORT THEIR LEARNING

SET PREDICTABLE ROUTINES

LET YOUR CHILD CHOOSE

LET YOUR CHILD HELP

SIMPLE CHORES (CLEANING UP TOYS)

LET YOUR CHILD SOLVE PROBLEMS

ENCOURAGE PROJECTS (SOMETHING WITH A START AND A FINISH)

FREE PLAY

ENCOURAGE THEM TO TRY

IN ORDER FOR A CHILD TO LEARN
THEY NEED TO TAKE CHANCES
AND MAKE MISTAKES

PROMOTING INDEPENDENCE

WAYS TO SUPPORT YOUR CHILD'S INDEPENDENCE

I'LL START, YOU FINISH

A simple way to let your child help is for you to start a task or a part of a task and let them complete the next or final step. Examples: pulling your child's arms out of sleeves then letting them pull it off of their head; loosening your baby's shoes and slipping them off their heels then letting them pull shoes off.

YOU START, I'LL FINISH

This is a great approach for clean-up and self-care tasks that ultimately have to be done thoroughly. Examples: letting your child try to brush their teeth then you follow-up; allowing your child to wipe the table or tray after meals.

LET'S DO IT TOGETHER

This approach is great for very challenging tasks or tasks that require hands-on assistance for safety. Examples: cracking eggs into a bowl at breakfast, cutting soft foods with a child's butter knife, washing dishes, pouring water on the head to rinse off at bath time.

I'LL SHOW YOU THEN YOU TRY

Try this method for tasks that are require only basic skills. Examples: putting dirty clothes in a basket or hamper, pulling a hat off, or carrying a very lightweight bag of non-breakable groceries.

YOU PICK

The simple act of letting your baby or toddler make choices is a great way to encourage early independence. Examples: letting your child choose between two shirts, two snacks or two toys by looking, reaching, pointing or using her words

WAYS TO PROMOTE INDEPENDENCE

AROUND THE HOUSE

WIPE UP SPILLS
OPEN AND SHUT DOORS AND GATES
SWEEP
DUST

WASH DISHES
SHUCK CORN
CRACK EGGS

POUR PRE-MEASURED INGREDIENTS INTO BOWL
MIX WITH SPOON IN BOWL
PUT ITEMS IN TRASH

PULL LAUNDRY FROM DRYER INTO A BASKET
PUT DIRTY CLOTHES IN BASKET OR HAMPER
PUT FRESH BAGS IN TRASH CONTAINERS
PUT NEW BABY WIPES IN CONTAINER
PUT TOYS AND BOOKS IN BASKETS OR BINS

CARRY A LIGHTWEIGHT BAG OF NON-BREAKABLE GROCERIES
WATER PLANTS

TURN LIGHTS ON OR OFF (PICK CHILD UP IF STEP STOOL ISN'T NEAR TO ASSIST)

MEAL TIMES

CHOOSE BETWEEN TWO SNACKS
PEEL A BANANA

OPEN A CONTAINER (TEAR PACKAGING OR LOOSEN LID TO ASSIST)

CUT SOFT FOODS WITH A BUTTER KNIFE
FEED SELF (EVEN IF IT'S MESSY!)

POUR DRINK FROM SMALL PITCHER INTO CUP

WIPE TRAY OR TABLE AFTER MEAL

WIPE FACE AND HANDS AFTER MEAL

PUT ITEMS IN SINK, ON COUNTER OR IN A TRAY/BUCKET

SELF CARE

BRUSH TEETH
BRUSH HAIR

WIPE FACE AND HANDS
BLOW OR WIPE NOSE

POUR WATER FROM CUP TO RINSE OFF IN BATH

RUB BABY-SAFE SOAP ONTO BODY

HOLD CLEAN DIAPER UNTIL YOU NEED IT

PULL FRESH WIPES FROM CONTAINER

WASH HANDS

PICK WHICH TOWEL TO USE

DRY OFF AFTER BATHTIME

DRESSING

PULL SHIRT OFF HEAD

PUSH ARMS THROUGH SLEEVES

PULL HAT OFF

UNZIP JACKET

ZIP JACKET (AFTER YOU ENGAGE THE ZIPPER)

PULL SOCKS OFF (PULL OFF HEEL AND LOOSEN AT TOE TO ASSIST)

PULL SHOES OFF (LOOSEN AND PULL OFF HEEL TO ASSIST)

PICK BETWEEN TWO PIECES OF CLOTHING

PUT SHOES IN A BASKET OR BOX BY THE DOOR

PULL PANTS UP (WHILE STANDING)

PULL PANTS OFF (WHILE LAYING OR SEATED; PULL BELOW HIPS TO ASSIST)