

# DEVELOPING INDEPENDENCE



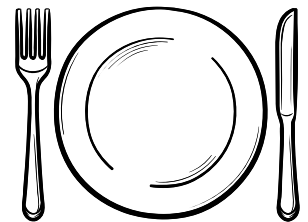
## 1. Encourage Self-Care Skills

- Let children dress and undress themselves, even if it takes longer.
- Support them in using the toilet independently.
- Teach them how to wash their hands properly.



## 2. Promote Independent Eating

- Encourage them to use cutlery, pour drinks, and tidy up after meals.
- Let them help with simple food preparation e.g. spreading butter, peeling fruit.



## 3. Foster Responsibility

- Involve them in packing their own bag for nursery or school.
- Give small, age-appropriate responsibilities at home e.g. putting toys away.



## 4. Support Decision-Making

- Offer choices e.g. "Would you like the red or blue cup?".
- Let them solve small problems before stepping in.

## 5. Build Confidence Through Praise

- Praise effort rather than outcomes: "You kept trying, well done!"
- Celebrate attempts at doing things for themselves, even if doesn't work out.



## 6. Encourage Language and Communication

- Give them time to express themselves.
- Ask open-ended questions to build thinking and conversation skills.

## 7. Create Opportunities for Independent Play

- Provide safe, stimulating environments where children can explore and lead their own play.

