

# Why is it Important for Children to Feel a Sense of Independence?

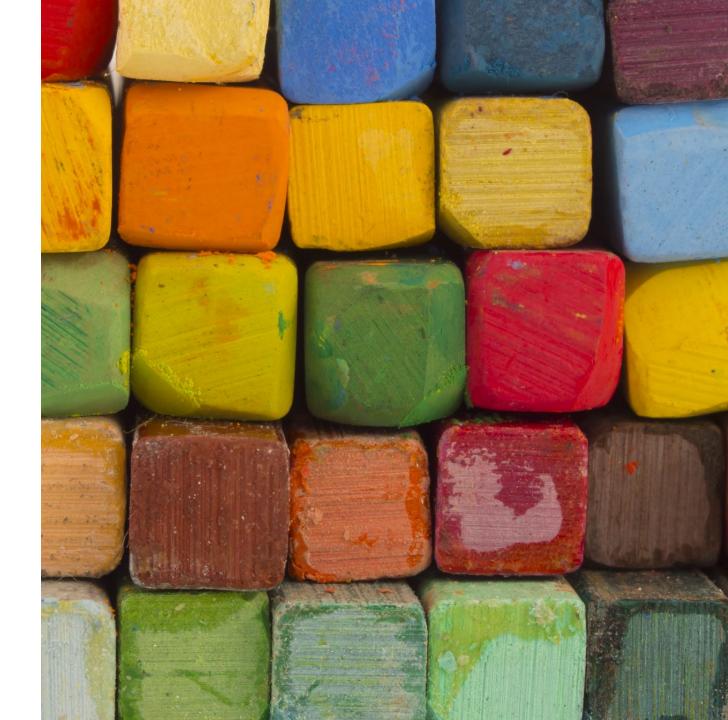
- Capable
- Confident
- In control
- Safe
- Self Reliant
- Responsibility



#### How Do You Model Independence

Does your child see you

- Making choices
- Being comfortable with making a mistake
- Trying until you get it right
- Being responsible



#### First Step: A Trusting Environment

A parent/caregiver relationship where child knows you are there to

- Help
- Cheer on
- Support



#### Art of Giving Choices

- Don't overwhelm with too many options
- Give age-appropriate choices
- Give choices that are acceptable to you and child
- Give child time to decide



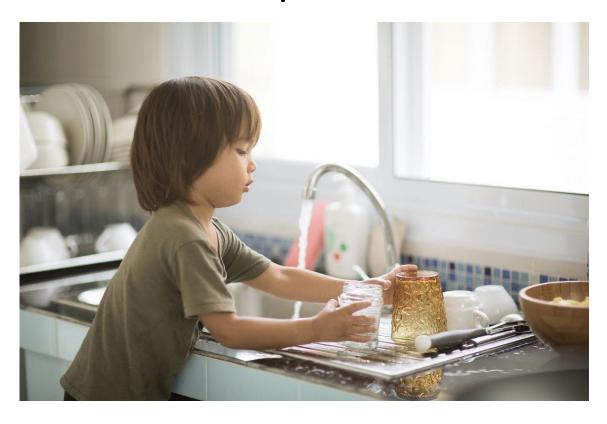
### What Parenting Ingredients are Necessary to Give Child Choices?

- Giving up some control
- Trusting child's decisions
- Patience
- Compromise



## Promote Independence by Giving Responsibilities

Child is important member of family who can be relied on





# What Parenting Ingredients are Necessary to Give Child Chores

Not feeling that you have to do everything

Age-appropriate chore selection

Helping when needed

Patience

Consistenchy

Promote Independence by Encouraging Creativity

- Free play
- Manipulatives
- Working on projects
- Making up stories





## What does Creativity have to do with Independence?

- Developing a plan
- Problem solving
- Negotiating
- Compromising
- Accomplishing Task

