

Promoting Independence in Children



Beverly Weathington,
LMSW
MPSI, Community
Engagement
Coordinator

www.mpsi.wayne.edu

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

Consistency

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

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