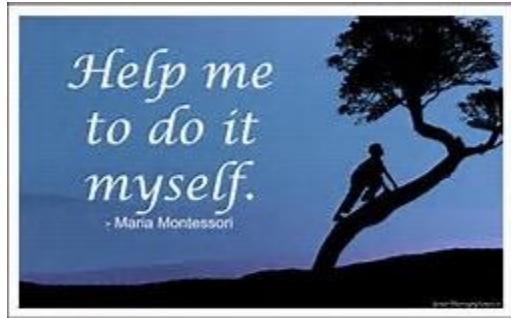


Raising Independent Children



Independence is not something that your children can gain on their own; they have neither the perspective, experience, nor skills to develop independence separately from you. Rather, it is a gift you give your children that they will cherish and benefit from their entire lives. You can provide your child with several essential ingredients for gaining independence:

Essential Ingredients

1. Give your children love and respect.
2. Show **confidence** in your children's capabilities.
3. Teach them that they have control over their lives.
4. Provide guidance and then give them the freedom to make their own decisions.

Remember the old adage ***"Give a man a fish, feed him for a day. Teach a man to fish, feed him for a lifetime?"***

Children need to feel wanted and helpful, and they need us to learn responsibility. Teaching our children from a young age of how to take care of themselves will create them to have that ability later on life when they will really need these essential skills.

Ages 2-3

Picking up toys after play

Putting their dirty washing into the laundry basket

Washing their Hands

Get dressed with parental supervision

Age 4-5

Get dressed with minimal parental help

Make their bed with minimal parental help

Using the toilet independently

Clean teeth

Taking cutlery and plate to the sink after food

Help parent sort colours for the laundry

Matching socks after they have been washed

Raising Independent Children

Age 6-7

Make Bed

Get dressed

Wash themselves

Help wash up after dinner or put away dishes from the dishwasher

Choose the day's outfit and get dressed

Water plants

School bags ready for school

Prepare food with parental help

Ages 8 to 11

Keep bedroom clean and tidy

Be responsible for homework

Be responsible for belongings such as library books and PE kits

Wake up using an alarm clock

Help parents prepare meals

Learn to use the washer and dryer

Take the rubbish out for bin collection day

From the age of 4 upwards you can use a chore chart so that the child can use the chore chart to see what needs to be done on a daily basis; this creates another skill of becoming independent

Remember every family is completely unique and these chores are guidelines created by research and parenting groups, you and your family can create your own chores to go along side some of these to suit your family home and running of your life