



## VIRTUAL CHILDCARE PARENT SUPPORT SERVICES

## VOLUME #10 PRACTICING INDEPENDENCE

### HELLO PARENTS,

Independence is being able to do things by oneself, make decisions, and being confident in one's abilities. Children who are independent feel important and have a sense of control of their lives. They feel competent, develop a positive self-esteem, are motivated to try new things, and are better equipped to handle stress. In this newsletter you will find activities and ideas that promote independence with children.

### ACTIVITIES

#### INFANTS (3 – 18 MONTHS)

##### REACHING FOR OBJECTS

###### MATERIALS:

- Balls, toys or other everyday objects that are safe for babies

###### DIRECTIONS:

Throw a ball or place a toy a little far from your baby and encourage them to reach, crawl or walk towards it.

For more ways on how to promote independency with infants [click here](#).

#### TODDLERS (19 MONTHS – 2.5 YEARS)

##### OPENING AND CLOSING JARS

###### MATERIALS:

- Containers with lids (different sizes)
- Small objects (toy people, a ball, a block, clothespin, etc.) that will fit inside the containers

###### DIRECTIONS:

- Place something inside a container and put the lid on.
- Observe your child trying to open the container to get the toy out.
- Let your child take full control and try not to open it for them.
- Notice the different techniques your child is trying to use to open the container.
- If your child gets frustrated, acknowledge their feelings and loosen up the lid slightly.
- Add more containers with lids (some twist-on, some that snap on).
- Reverse this activity and present your child with a bunch of containers and lids and have them figure out which lid matches which container.

[Click here](#) for more ways you can promote independence with your toddler.

#### PRESCHOOLERS (2.5 – 5 YEARS)

##### BUILDING A HOUSE

###### MATERIALS:

- Blankets · Chairs · Cushions

###### DIRECTIONS:

- Follow your child's lead during the building process – let them be the decision-maker.
- Ask them questions to make them think about the process (for example: "Where should we start?", "What should we build?"). Remember to give them time to think before they respond.
- Allow your child to take control in play. When you follow their lead, they learn that they are capable of making decisions and that you listen and take their opinions seriously.

To learn more on how to promote independence through daily activities [click here](#).



#### JK/SK (4 – 6 YEARS)

##### ROLE-PLAYING

###### MATERIALS:

- Paper · Pencil · Props
- Toys/other materials available

###### DIRECTIONS:

- On pieces of paper, write down a few role-play ideas (for example: pizza parlour, police, doctor, baker, etc.).
- Have your child pick one and role-play it. Follow their lead in play.
- Encourage problem solving to promote independence. Give your child the opportunity to seek for answers on their own using their imagination and creativity.

[Click here](#) for more fun role-playing ideas.

#### SCHOOL-AGERS (6 – 12 YEARS)

##### MAKE A WEEKLY SCHEDULE OF CHORES

###### DIRECTIONS:

- Together with your child make a list of chores around the house.
- Discuss which ones are appropriate for each family member to do.
- Create a weekly chart with empty boxes for each day of the week.
- Fill in the boxes with chores and names of family members responsible for them.

###### IDEAS FOR THE CHART:

- Clearing dishes after meals
- Wiping down tables and counters
- Feeding a pet or watering plants
- Sweeping crumbs off the kitchen floor
- Putting dirty laundry in a hamper
- Cleaning a room
- Homework

For more chart ideas to promote independence through house chores [click here](#).

[Click here](#) for tips on how children can help in the kitchen.

#### WE WOULD LIKE TO HEAR FROM YOU!

PLEASE, SEND US YOUR FEEDBACK, COMMENTS OR SUGGESTIONS TO [CHILDCAREMAIN@NCCE1.ORG](mailto:CHILDCAREMAIN@NCCE1.ORG)

#### A TIP FOR TODAY

##### DAILY ROUTINES THAT CHILDREN CAN DO ON THEIR OWN:

- Picking out clothes
- Getting dressed
- Preparing breakfast or lunch
- Preparing a toothbrush and brushing teeth
- Setting a table or cleaning it after a meal
- Putting away toys
- Cleaning a room (for example: making bed, dusting, putting away laundry)