



Tips and tricks on the topic of...

# Indepen- dence

Have faith in your child.

# Independence

**Have faith in your child.** This promotes his independence and strengthens his self-confidence. Everyone wants to be self-effective. The pleasure of one's own skills is an incentive to actively learning and gaining new experiences.

## What you can do:

- Let your child do as much as possible by himself. For example:
  - Getting dressed and undressed
  - Fetching objects
  - Washing and drying hands
  - Throwing waste into the rubbish bin
  - Eating with cutlery
- Be reluctant with your help – but be prepared to support your child.
- Arrange the environment that your child can be independent. For example:
  - Keep a footstool near the sink
  - Clothes without any complicated fasteners
- Always plan enough time. For example:
  - Make sure your child has enough time to put on the shoes by him - or herself when you plan to go out together
- Give your child small chores. For example:
  - Cleaning the table
  - Getting the milk off the shelf when shopping
- Praise your child for his or her abilities and independence.

## Incidentally:

Independent children have more confidence in their own abilities.

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