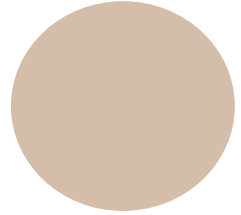


SUPPORTING INDEPENDENCE



- **Help the child** do things for themselves by:
 - **Offering lessons** - we show rather than tell!
 - **By setting up the environment** to support functional independence which is naturally driven by the child.
 - **This environment** includes many **practical life** activities.
- **Don't force** children to do anything
- **Don't correct them** when they make mistakes. We show them the right way when the time's right.
- **Treat children seriously** when they are making decisions. **Respect** their point of view.
- **Refrain from laughing** at children's attempts at independence (patience!)

LIMITS

- **Offer choices!** E.g would you like to brush your teeth now or in one minute.
- **Be Kind and Firm** when offering children choices (usually just two!)
- **Don't ask children if they want to do something** when it is not a choice. E.g. would you like to brush your teeth?

MORE ABOUT INDEPENDENCE

- People have a basic need for autonomy
- Children are born with a drive for independence
- Being able to make choices fulfills this need
- Independence allows people to flourish

