

Why do children need independence?

As a parent you may feel doing everything for your child shows them how much you love and care for them, however it is so important to allow your child their independence.

Benefits

- Allowing children to find their own two feet in the world and learning things for themselves does wonders for all aspects of development. Knowing they can solve small problems makes them realise they can solve bigger problems and think for themselves.
- Independence helps children develop their personalities, they become more decisive, confident and motivated.
- Children develop their fine motor skills through trial and error, getting dressed and undressed, zipping up their own coat, picking up their own toys all help to develop these skills essential for writing and physical development.

By supporting children when they become frustrated this will help them be more willing to challenge themselves in the future and to not give up.

How to promote independence.

- Choices – helps foster independence without being overwhelming.
- Repeated opportunities to make their own decisions, giving the children some control to help develop their emotional maturity.
- Allowing children time to play on their own to discover and explore, this can be done outdoors, free from the distraction of technology.
- Trust your child, the only way they can learn to be independent is to be independent. We should not underestimate children's capabilities.
- Practise opening packets and containers, using a knife and fork if having school dinners, encourage them to help you prepare lunch so they can talk about likes and dislikes.
- Give your child experiences of being away from you for short periods of time, such as going to a friend to play, this will really develop their confidence and independence.