

Tips for Promoting Independence In Pre-School Children

Parenting is a very big and very important job. You are the parent to your child and you are responsible for teaching and guiding your child to be resilient and independent. Baby steps are required to foster independence in children. It is important to build confidence in children to help prepare them for the responsibilities that come with school, extracurricular activities, work, making decisions and life as a whole. Also, helping to build their self-esteem adds a lot to creating that wonderful independent child. Here are five tips to help fostering and building confidence and independence in your child or children.

1. Give children jobs that they are capable of doing: Giving children an opportunity to help out around the house, or get themselves ready for school, not only provides them with responsibility but also fosters their independence. Ensure that you are providing your child with enough time to complete their tasks, rushing them will only cause frustration and can be related to lower their self-esteem.
2. Teach them something new: Children will naturally grow more independent as they grow older but it is important for parents to teach their children the skills they need to get there. For young children, teach them how to brush their teeth or hair independently, or get dressed on their own. For older children, encourage them to help care for themselves and their belongings by assigning them age appropriate task. For example, teach them how to prepare their own breakfast or lunch, put away their dishes, clean their room and put their folded laundry away.
3. Give Praise: When your child completes a task, it helps raise their sense of accomplishment, self-esteem, and confidence with praise! This not only will encourage your child to complete more tasks and do more things on their own, they will also feel really good about their accomplishments. If there is room for improvement provide your child with positive feed backs, focusing on the positive, for example: "I love the way you wiped down the table after dinner, next time, please use this cleaner to prevent bacteria."
4. Let Go: For some children and parents, separation can be difficult, from dropping your child off at a pre-school program, play date, or sleep away camp, being away from parents helps to build and foster independence. The child or children will not have mom or dad to run to if they need something. Watch your child's self-confidence flourish when you let go.
5. Try again: It is important for children to learn how to fail so they know how to get back up and try again. Remind them that you have done it too. When children are learning how to ride a bike, they might not get it on the first try. It is important for parents to encourage children to get back up and continue working towards their goal. This will provide children with the confidence that they can get back up and accomplish riding the bike with some work.

A Quote to Parents: Behind every young child who believes in himself is a Parent who believed first

Author: Unknown..