

So ask yourself ...

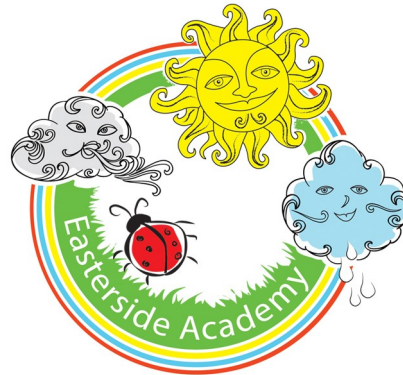
Can your child take their coat off and hang it on their peg when they come into nursery?

Can your child put their own coat on?

Can they do their own planning board when they come into the setting?

How can you help?

Thank You



Erith Grove, Easterside Middlesbrough TS4 3RG
Tel 01642 273006 - Fax 01642 273011
e-mail address: contact@eastersideacademy.co.uk



Early Years Developing Your Child's Independence



Why is independence important?

Independence is about learning to do things for oneself, which includes making decisions and taking on responsibility. These are hugely important skills for children to learn to cope with school and into adulthood.

Helping children to become independent is so important and is a major focus of the Foundation Stage curriculum in England. At Easterside Academy there will be lots of opportunities for your child to develop independence.

When independence grows a child's confidence also grows. As they master new skills or take on some responsibility, they begin to see themselves as being capable. This gives them added confidence and makes them more likely to try out new things.

Learning life skills will also help your child's physical development, particularly their hand-eye co-ordination. Many everyday tasks, such as hanging up clothes, pouring out drinks and tidying away toys, all involve using physical co-ordination and make an excellent foundation for later skills such as handwriting and drawing.



Starting at Home

What can I do for my child at home?

Home is an ideal place to practise becoming independent. Start by looking to see what your child can do already, and build on this. If your child can put their coat on, maybe they can have a go at doing up one of the buttons or pulling up the zip once you have started it off.



The kitchen can be another good place to develop their independence. Encourage them to help you prepare the dinner, for example they might want to choose and wash a few vegetables or get out some items from the fridge, or set the table.

Children do need a little extra time to manage even simple tasks, but gradually, they will speed up and become capable. It is worth ignoring the temptation to immediately take over a task if a child is struggling. Sometimes a little more time or a few words of encouragement are all your child needs.



What to do when your child comes into Nursery

When you bring your child to nursery each day there are a number of things you can do to encourage them to become independent.



⇒ Encourage them to take their own coat off.

⇒ Ask them to hang their own coat up.

⇒ Encourage them to find their name card and avoid the temptation to find it for them.

⇒ Encourage them to complete their planning board and choose the activities they want to do.

⇒ When you pick them up, encourage them to put their coat on themselves, even if you then fasten it for them.

