



Parents in Partnership

Towards Independence
in The Early Years



"Working together to help young
children grow in confidence."





One way that we can all work together to help children grow in confidence is to support them in becoming more independent. This will have a very positive effect upon their personal, social and learning skills. Our experience tells us that if children are helped to develop the range of skills detailed on the next page, they are happier and more confident both in school and at home.

Please start by doing an honest assessment of your child against the set of skills. There is no need to be anxious if there are things they cannot do; all children develop at different rates and having all the skills under the belt by this stage is not expected.

Next, talk to your child about what they need to work on to be more “grown up” and be able to do things on their own. Focus on one skill at a time. Then show them how to do it and encourage their efforts and praise their successes, no matter how small.



Children (and adults too) blossom with praise and become confident to tackle anything if they know that they can make mistakes without fear.



Use the chart on the back to let everyone in the family know what is happening so that they can help and encourage too. Or of course, you could be creative and make your own with your child.

Children can be helped towards independence by encouraging them to do these things on their own, but we must be careful not to underestimate how difficult some of these skills might be some children. Talk to the Team Leader or classteacher if you want some support; we are always willing to help.

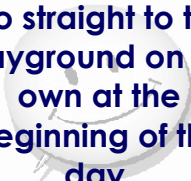
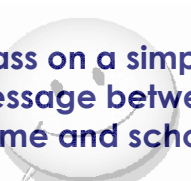
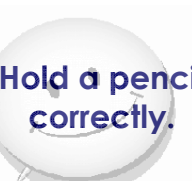
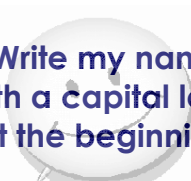
Early Years Independence Skills:

- ☺ Go straight to the playground on their own at the beginning of the day.
- ☺ Take off their coat and hang it up.
- ☺ Put on their coat and fasten it up.
- ☺ Change into their P.E. kit.
- ☺ Get dressed.
- ☺ Fasten their shoes.
- ☺ Ask for the toilet and use it properly including flushing.
- ☺ Washing and drying hands.
- ☺ Use a tissue to blow or wipe their nose.
- ☺ Use a knife, fork and spoon.
- ☺ Look after their belongings and put them where they belong.
- ☺ Bring their reading book home and back to school each day.
- ☺ Pass on a simple message between home and school.
- ☺ Hold a pencil correctly.
- ☺ Recognise and write their name with a capital letter at the beginning.



My name is

and I am trying to

 Go straight to the playground on my own at the beginning of the day.	 Take off my coat and hang it up.	 Put on my coat and fasten it up.	 Change into my P.E. kit.
 Get dressed.	 Fasten my shoes.	 Ask for the toilet and use it properly including flushing.	 Washing and dry my hands.
 Use a tissue to blow and wipe my nose.	 Use a knife, fork and spoon.	 Look after my belongings and put them where they belong	 Bring my reading book home and back to school each Monday.
 Pass on a simple message between home and school.	 Hold a pencil correctly.	 Recognise my name.	 Write my name with a capital letter at the beginning.
			 I will colour in my smiley when I can do it!