

Encouraging Independence Skills in Two Year Old Children

Giving children a chance to practice self-care skills is an excellent way to help them feel capable and increase their self-esteem. It helps create a great sense of autonomy and drive to learn. Self-care is also an opportunity for children to feel in charge of their body and know that they are trusted by adults.

'Early Years Outcomes' document page 15 gives an example of a 16 to 26 month old child being able to demonstrate sense of self as an individual, e.g. wants to do things independently, says "no" to adult.

So..... how can you help parents/carers to allow children the time and space to practice self-care skills

TASK:

- Think about when the two year old children arrive at and leave your setting - are there times when parents insist on doing self-care tasks for their children? Do they treat boys differently to girls?
- How can you provide information/or demonstrate to parents the link between self-care skills and children's confidence levels?

PLEASE TURN OVER

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“In multicultural or diverse societies there is a great variety of family values and traditions and it is important that children are brought up to balance the tensions and handle the adjustments of being reared in one way and being educated in another”

Contemporary issues in the Early Years by Gillian Pugh and Bernadette Duffy.

TASK:

- Make a list of the self-care skills that you encourage at your setting. E.g. Serve themselves a snack from a shared plate onto their own plate or taking their own shoes off and putting them away.
- Now look at each one and identify how much time you give the children to explore these skills, how many times they don't succeed at first and try again.
- Decide if your expectations are age appropriate and respect family values and traditions.

When you have done this, using the QIP framework for supporting settings, reflect on the organisation of the environment and daily routines in your setting that help the children develop these skills. This will help identify areas for improvement/change that can be included in your planning.

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POSITIVE CONTRIBUTION