

Teaching and Learning

Encouraging Independence



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.

TASK 1

- What opportunities do you provide for children throughout the daily routine and play, for them to practice and develop their independency?
- How do you work with parents/carers to encourage consistency in allowing children the time and space to practice self-care skills?
- Think about when a child arrives or leaves the setting. Are there things that either you or the parent instinctively/insist on doing for the child that would take away their independence e.g., removing coat and hanging it up, putting on their shoes for them etc.?
- What could you do to promote the importance of encouraging independence in young children and the positive impact this can have on a child's confidence?

“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 2

- 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.