

# Support Newsletter

## Fostering Independence In Your Child

Nurturing your child's independence can start at any age. Try these tips to improve their self-esteem, self-sufficiency and problem-solving skills.

### Giving Children Choices

Choices will help your child feel like they have some power and control over what they do. *Structured choice* involves allowing your child to choose from two acceptable options such as:

- "Would you like a peanut butter sandwich or a cheese sandwich?"
- "Would you like to wear the red shirt or the blue shirt?"
- "Would you like to use crayons or paint today?"

Allowing your child to make decisions helps develop confidence while also feeling valued & important.



### Giving Children Responsibilities

Allowing your child to help with simple tasks and chores introduces the idea of teamwork and helps build a sense of responsibility.

#### Examples include:

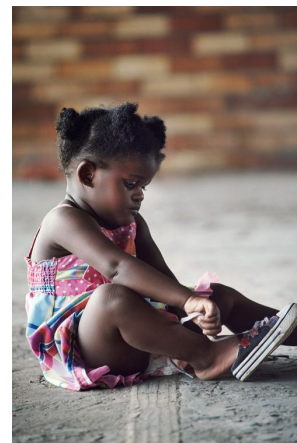
- Cleaning up their rooms or play areas.
- Help set and clear the table.
- Easy to reach/ kid-safe spaces to clean.

Helping with tasks regularly teaches skills of organization, planning and time management.



## A Little Frustration is Okay

Letting your child do things on their own takes more time than if you do it yourself. Your parental instinct may be to step in if your child gets frustrated when trying to complete a task independently. **Model taking a deep breath to support your child through his/her frustration.** Allowing your child to work through frustration helps them to develop coping skills.



### Setting Simple Routines

Repetitive routines can support your child's independence. Routines can teach children healthy habits and increase confidence.

#### Examples include:

- Everyday after breakfast, your child brushes their teeth.
- Each time they use the bathroom, they wash their hands.
- Each night after dinner, your child brings their plate to the sink.
- At the same time each night, your child puts on pajamas and brushes teeth.

Feel free to contact me if you would like to discuss supporting your child's independence or other social - emotional questions.

### Mental Health Consultant

Amanda Allen

732-595-7236/ Aallen.bmhsc@gmail.com