



**Returning to  
my Childminder,  
Nursery or  
School**

**Self-care &  
Independence**

One of the key skills for life that we want to empower our children with in the early years is independence, both in relation to their actions and their thinking. To become independent, children have to be confident in their own abilities otherwise they will remain over-reliant on the support of adults or their more confident peers. Your child's early years setting will help your child gain confidence by offering opportunities to try new things in a safe and supportive environment with lots of praise for their successes and strategies to support any failures they may have along the way. Children need supportive adults that encourage them to understand that mistakes are ok; it is how we learn. Young children are on the whole very resourceful and resilient, and when given opportunities to be independent they can often surprise us.

## How you can help

- Encourage your child to complete simple chores. You could ask them to help you to set the table for tea, sweep the floor, tidy their toys away or clean the windows.
- Don't re-do what your child has done. If your child has tidied their bed, but it is not quite how you would do it or they have put their t-shirt on back to front, resist the urge to re-do these jobs for them. Provide praise and encouragement for their effort; practice makes perfect.
- Resist doing what your child is able to do for themselves. Although it is sometimes 'easier' or 'quicker' to do certain things for your child, allow them to complete simple tasks; they will achieve a sense of responsibility from this which will boost their self-confidence.
- Encourage your child to solve simple problems; this is a great skill to promote learning. As long as your child is safe, encourage them to try and solve simple problems for themselves, for example; using a small stool to climb up to reach something.