

# With Independence comes Confidence



## Choice

Children like to feel in control. Give them opportunities to make their own decisions wherever possible. Give them a choice of what they might wear. Give them a choice of activities. Let them choose the resources they may need to carry out the activity.

## Boundaries & Routines

Consistent boundaries and routines, delivered calmly, results in children feeling safe and secure. This then leads to children being able to express their needs and be assertive when required.



## Independence

Independence = confidence.

Supporting your child to be independent in: dressing, undressing, zips, buttons, brushing their hair and teeth are vital skills, especially when transitioning to Big School.

## Toileting

Being able to recognise and manage their own toileting needs (when they are ready), is an enormous confidence boost for children. Talk them through the process, rather than doing it for them. Include flushing the toilet and washing their hands.

