

# Hamilton Community Pre-School

"Where discoveries, learning and fun connect"



## Information Sheets for Parents:

### *Supporting Independence*

#### **National Quality Standard – Quality Area 5**

Element 5.1.1 – Relationships between educators and children. Respectful and equitable relationships are maintained with each child.

At Pre-School the children are encouraged to take responsibility for themselves, their belongings, their decisions and choices. This involves but is not limited to such things as putting their own morning tea and lunch in designated areas, finding their name cards, packing away their belongings, putting on their own pants, answering their own questions (through both exploration and thinking), packing away areas they have played at and putting away their own craft.

Sometimes in our daily lives it can be quicker to just answer their questions or do it for them, but in taking the time and opportunity you can support the increase of independence and build confidence in their own ability. In the long run this will also help you, a lot! This involves encouraging each child to 'HAVE A GO' at new things. For example, 'I can't put my own pants on...' suggest sitting down and trying and if you need help, I am right here.

Giving children a chance to practice self-help skills is a fantastic way to help them feel capable and increase their self-esteem. It helps create a great sense of autonomy, a drive to learn and grow.

It is important for a child to develop these skills in preparation for big school. Independence is also an opportunity for children to feel in charge of their body and know that they are trusted by their parents. Children are unique and reach the ability to complete these skills at different paces, these lists are meant as helpful guidelines. Allowing children to explore these skills, possibly fail and try again usually is the route to true learning.

Finding the balance between giving freedom for children to learn and swooping in to the rescue is tricky at times, but when we trust the process it's amazing just how much children can do.

As the child advances in age, they can continue to maintain past responsibilities as well as assuming new ones. Tasks that are the child's own personal responsibility, such as making their bed, or tidying their room, we should no longer do for them. Tasks that help the whole family may be rotated, or a choice of chores may be given. This list, meant to suggest possibilities, is only a starting point subject to the situation and creativity of the adult.