



Leave Your Kids Alone

Developing your child's independence

David Carpenter
Elementary Counselor

dcarpenter@ssis.edu.vn

Jacob Humes
Elementary Psychologist

jhumes@ssis.edu.vn

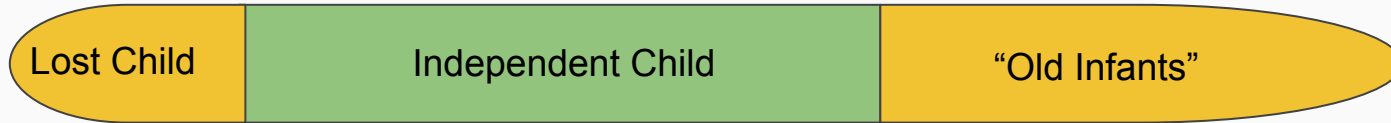
Overview

1. What an independent child looks like
2. Story time - “The Bubble Wrap Queen”
3. The science of safety
4. How to support independence at different ages
5. Finding out more

Research

Parents never involved
(Neglect)

Parents always involved
(Overprotective, Controlling)



- Increased confidence
- Ability to cope with normal stress
- Learns from failure
- More life skills
- Buffered from depression and anxiety

- Lower confidence
- Difficulty coping with normal stress
- Blame others for failure
- Less life skills
- Higher depression and anxiety

The Antidotes

1. Don't do anything for children that they can do for themselves
2. Find out what they are afraid of and slowly expose them to it
3. Help them see mistakes and failure as learning and growth
4. Be quiet! Ask questions and give choices

Opportunities to Support Independence Lower Elementary

- **Dressing- specifically shoes and socks**
- **Toileting**
- **Feeding- using utensils**
- **Active play- rolling, running, climbing, Outdoor time**
- **Carrying backpacking and unpacking**
- **Cleaning up**
- **Tidy up after spilling**
- **Fine motor opportunities like paper cutting. We can trust students to use them. The more they can do with the fingers the better.**
- **Waiting/Not interrupting**
- **Adult help with teeth brushing up through age 6.**
- **Not putting screens in front of children in restaurants**

Opportunities to Support Independence

Middle Elementary

- **Helping out at home**
- **Getting ready for school the next day before going to bed**
- **Carry their own backpack**
- **Homework/reading/chores first, then play**
- **Cleaning up after oneself**
- **Provide opportunities to nurture younger siblings**
- **Fine motor opportunities (making lists for groceries, cutting things, opening boxes)**
- **Feed themselves and clean up**
- **Move through familiar multi-step routines independently (begin using checklists)**
- **Give children choice for play and free time**

Opportunities to Support Independence Upper Elementary

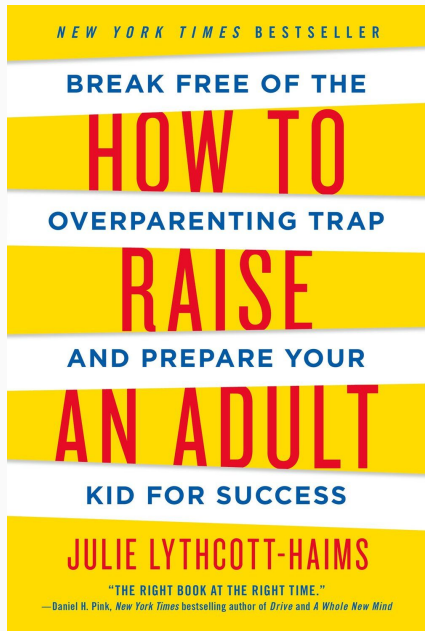
- **Self help speaking for themselves**
- **Opportunities for problem-solving**
- **Make choices around how they spend their time**
- **Outdoor activities**
- **Self-monitor their device time**
- **Planning ahead using a calendar**
- **Manage their hygiene independently (bathing, tooth brushing...)**
- **Packing their own daily materials and supplies (uniform, ASA/sports clothes, homework)**
- **Helping with jobs around the house**

At Your Table

- Read the handout to see which behaviors and actions that you would like to reinforce at home.
- Choose one that you can focus on this week.

Remember: Don't do anything for children that they can do for themselves!

More Information



Letgrow.org for
more information

Image Source: <https://is.gd/aBIULb>