

Developing Independence



Why do children need to be independent?

When children learn to be independent they develop their confidence, knowledge of right and wrong, make their own decisions and develop a sense of self-worth and self-esteem.

Independent toileting

Using a potty is a new skill for your child to learn. Take it slowly and go at your child's pace, following your child's lead, in time they will want

to use the potty. Look for the signs they are ready, these may include:

- They are starting to notice when they have a wet or dirty nappy.
- Gaps between wet nappies are getting longer.
- They may start to tell you when they are having a wee.

Every child develops at their own rate, try not to compare your child with others.

More resources:

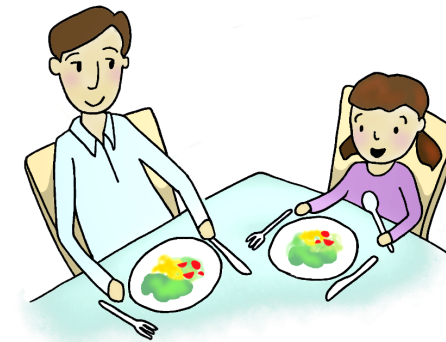
www.eric.org.uk/top-10-potty-training-tips

<https://cypf.berkshirehealthcare.nhs.uk/health-and-development/toilet-training-and-bedwetting/toilet-training/>

Independent eating

Family meals can be an enjoyable social event. Mealtimes with a toddler can be a little crazy while they are learning to feed themselves.

- Role modelling how to eat while having a meal with your child will develop their awareness of feeding themselves



- When your child holds their spoon, it allows them to develop the fine motor skills needed to hold a pencil when they start school and learn how to write
- Independent feeding gives your child chance to develop their senses, such as taste, smell, texture. It can allow them to develop a sense of hot and cold. Children will start to develop a taste of their own and know which foods they like and dislike.

Find more online resources for under 5's by visiting :

<https://cypf.berkshirehealthcare.nhs.uk/>

<https://wsh.wokingham.gov.uk/early-years-childcare-and-play/children-ready-school-success>

<https://wsh.wokingham.gov.uk/early-years-childcare-and-play/parent-and-carers-resources>