

Guiding your child to be independent

Encouraging our young ones to learn and complete some tasks by themselves can help them be responsible, independent and confident over time.

Start by guiding them through simple tasks.

- Getting dressed for school.
- Changing into PE attire for PE lessons.
- Packing and organising their school bag.



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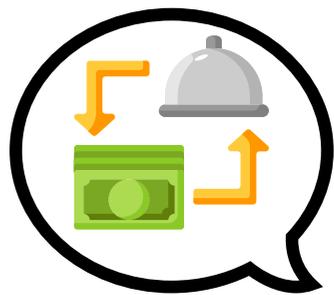
Give them time to learn how to do these tasks independently.

- Using the toilet and cleaning up after themselves.
- Practising good personal hygiene (e.g. washing and sanitising of hands, brushing of teeth, putting on and safekeeping of masks).



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- Ordering food at the canteen, managing their money and making healthy food choices.

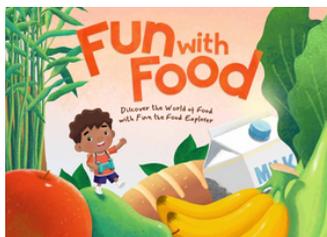


- Asking for help. This could be from teachers, friends, school staff or any adult in school. Let them know it is okay to seek help when needed and guide them on how to do it.



Help your child make healthy food choices with this [Fun With Food Activity Book](#).

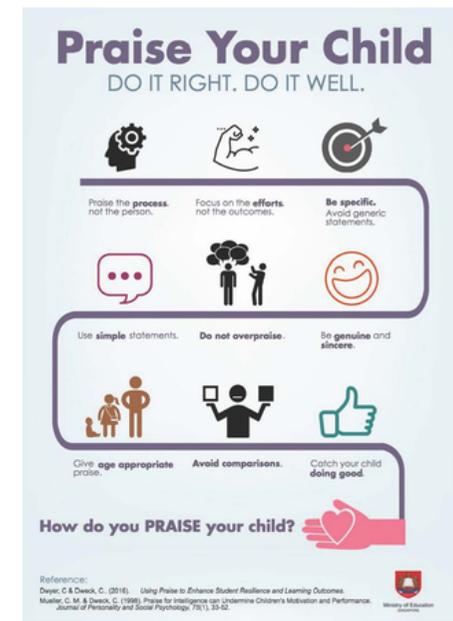
[CLICK HERE](#)



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Provide your child with opportunities to practise doing things on their own, with your guidance.

Acknowledge and praise them for their effort, not just their achievements. Click [here](#) for tips on how to give praise effectively.



For more resources, access them via **Parenting Resources** under the **Services** tab in Parents Gateway.

