

Independence is...

... exploring, taking risks, making decisions, solving problems and sharing my achievements with others...

At home my parents/carers could...

Allow me to make simple choices from a range of options they are prepared to accept. For example, allow me to have a say in which clothes I will be wearing each day, even if this is limited to basic colour selection...Let me make mistakes and support me in learning from them...Let me participate in household chores, such as vacuuming, dusting and making beds...Develop a responsibility chart so I can keep track of the household chores I have completed...Let me know they are interested in my thoughts and ideas...Ask my opinions on things that are to do with me...Respect my decisions wherever possible...Help me to understand the impact of my choices...Teach me problem solving skills - encouraging me to think about what I could do to fix the problem rather than telling me what to do, or how to do it...Provide positive support for me in situations that they think may be challenging...Encourage and praise my attempts to do things for myself no matter what the outcome...Provide age-appropriate toys so that I can learn to play by myself for short periods of time...Help me take responsibility for packing up my toys...Teach me as an older pupil to use a watch and incorporate time in the directions they give me. For example, saying "You can go next door to play, but I want you to be home by 4:30."...Help me to set achievable goals and work toward achieving those goals...

By being independent I learn to...

- Make choices, and know that I may get it wrong
- Know what I need to do, or ask
- Take risks based on what I already know
- Be prepared to 'grow' as an individual, learning from all those around me