

October 2018

The Path Towards Independence

Parents have a lot of important responsibilities in life. One of which is the tremendous task of preparing their children to handle life so they can deal with anything that comes along.

In order to trust in their own abilities, children need to weigh choices, make their own decisions, and take action to meet their own needs.

The first tip to make your kid self-reliant is to start building it when he or she is still young. Parents can foster self-reliance by finding tasks appropriate for children that are new and challenging. For toddlers, try starting with potty training, drinking and pouring, and even putting on coats and shoes. As they reach their preschool years you can offer more challenging tasks such as bathing, picking out clothes and getting dressed.

You can also provide opportunities for problem solving and making. Puzzles and memory games are a great place to start for any age group. Let your kids do as much for themselves as possible. Resist the urge to swoop in and help if you see them struggle a bit. It's all a part of the learning process!

No matter what, encourage safe risk taking and reassure children you are there to support them.



Teaching Your Children Self Reliance and Responsibility

Have you heard the phrase "helicopter parent?" The term was coined for parents who hover over their children and swoop in at the slightest hint of discomfort. As parents, we've all dipped our toes in the "helicopter parent" pool here and there, but for our kids it can be a real kick in the training pants! Not only is it exhausting being a bodyguard/tutor/chef/chauffeur/entertainer for your kids all day, it's also not ideal for their life skills. By providing just the right amount of support, you can nurture children's drive toward self-reliance.

The key is to begin parenthood with the belief that your child is an individual and has the ability to be self-reliant. Adults can foster self-reliance by finding appropriate tasks for children to complete and encouraging safe risk taking. Scholastic.com offers tips for supporting young children during the early stages in life:

- During the first year, it's important to follow babies' cues and develop a schedule around their individual needs. During this stage you're a team. This helps them feel secure and confident.
- As the toddlers' motor and thinking skills develop, they begin to want to do more for themselves. Try giving them the opportunity to dress themselves or encourage independence by giving toddlers limited choices: "Do you want a jelly sandwich or mac and cheese for lunch?"
- Create opportunities for toddlers to be independent by placing things at their level. For instance, put bowls, snacks, cups, etc., on the lowest shelf so they can serve themselves without needing help. Try putting a stool next to the sink so they can wash their own hands.
- Preschoolers revel in their newfound independence and are wonderful idea generators. Allow them to help with rules and guidelines for independence. This could mean agreeing on having the older kids set the dinner table, or having the younger ones clean up the toy room every night before bedtime. By holding them accountable, they'll feel all the more liberated.

Sure, the notion of toddlers gaining independence and standing on their own two feet might cause a lump in your throat, but you're helping them build essential life skills. You'll always be their biggest cheerleader and supporter, so trust your instincts. You can do it! Teaching self-reliance is an important part of Kiddie Academy's October curriculum.



HAPPY BIRTHDAY!

Nathan	10/7
Samir	10/13
Cala	10/23
Malaila	10/31
Ms. Barbara	10/21

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EDUCATIONAL CHILD CARE

OCTOBER

2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
7	8 Columbus Day Center Open	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26 Harvest Celebration	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10