

# Dove Bank Primary School

'Do Our Very best in Everyway'



Promoting Independence at  
Dove Bank  
Nursery

## What is Independence?

The word **independence** means "not dependent", or not having to depend on anyone or anything else.

## Why is it important?

As parents, we want nothing but the best for our child therefore we attend to their needs. However, to give children the opportunity to become successful in life, we also have to teach them independence. Children need to learn independence to enable them:

- **To gain first hand knowledge** - When children gain the chance to do things on their own, they are most likely to learn things. This is because they get to learn through trial and error.
- **Learn self-discipline** - to realise that we all make mistakes and that we can learn from them.
- **To enhance self-esteem** - Children feel self worth whenever they get to accomplish things on their own and therefore become more confident in facing challenges.
- **It gives the opportunity to choose what will make them happy** - Children need to practice to take choices and how to decide on their own. Adults can give them a set of choices. From these choices, children will have the freedom to pick one. Thus, they also learn that in life they cannot have everything.

## What can I do to help my child?

- Talk to them about what you're doing as you do it
- Break things down into smaller steps and let them try a small step each time
- Encourage them to 'have a try' and praising even the smallest steps
- Keep practising with them whenever possible
- Give them a small job to do e.g. get their cup out or tidy their toys into the correct box

### **Top Tips:**

- Keep tasks small to start with
- Allow plenty of time to complete tasks, it may be quicker and easier to do it yourself but practice takes time
- Encourage your child to  
'If at first you don't succeed try try again'

Through independence children get to enhance their skills, learn right and wrong, develop their personality, and take decisions. To learn the ways of life, children need to experience life. This way, they will grow up strong, ready to take on life challenges, emotionally secured, and happy.

At Dove Bank we have expectations for things that we expect our children to be able to do themselves.

In Nursery we are working on doing the following jobs **independently**:

<b>I can.....</b>	<b>Still with support</b>	<b>Independently</b>
put my coat on		
hang my coat up		
find my name		
Put my shoes and socks on		
Take my jumper off and put it on		
Remember to bring my lunchbox or bag to school		
Use a knife and fork		
Tidy up the toys		
Go to the toilet and wash my hands		

These are just some of the jobs you can help to encourage your child to do at home. In Nursery we will be adding to these jobs as the year goes on!