

10 ways to help your child become independent

1. Give your child freedom! Let your child play outside regularly, within agreed limits.
2. From an early age, expect your child to do things for himself when he can. Be patient – even if he takes a little longer than you would!
3. Encourage your child to have interests that do not always include you.
4. Avoid solving problems for your child – instead ask her questions to guide her towards a solution.
5. Ask your child to help you solve problems too. This will teach him that we all have to work through situations and that his opinion is valued.
6. Teach your child to be a safe pedestrian or road user (for cycling) from a young age.
7. When your child is road aware, allow her to make journeys and run errands alone, using a bike, scooter or walking.
8. Teach your child to manage a small amount of money and that having money means making sensible choices.
9. When your child is trying something new, let him get on with it, even if you know that his way won't work – let him discover this for himself!
10. When she experiences failure or disappointment, praise her efforts and provide the security of being there for her as she deals with this.