

# Transition Thursday Independence

**Supporting children to build greater confidence in themselves, their abilities to be an active member of their families and community, while empowering children to be proud and passionate about their abilities.**

## **Play-based learning ideas:**

- Encourage your child/ren to try new things
- Give them age-appropriate tasks to help around the house
- Establish routines to build confidence in what is expected and to build their capacity to do things independently
- Encourage open communication and sharing of emotions and feelings
- Giving children age-appropriate choices to make independently
- Encourage projects to learn about something that interests them.

## **Benefit to the child:**

- Greater confidence in self
- Able to make decisions that affect them
- Actively involved within groups and responsive to decisions being made
- Aware of why things happen and able to support family/friends
- Feeling empowered by the choices they make
- Can expand their learning and knowledge with increasing independence.

## **Further information and ideas:**

The Raising Children Network offer age appropriate household supports for children aged 2-18 years. We encourage you to check out their website at:

<https://raisingchildren.net.au/preschoolers/family-life/routines-rituals-rules/chores-for-children>