

THE Counseling CONNECTION

St. Hilary School

Mrs. Eldred and Mrs. Rohal

The Importance of Independence for Children

It is extremely important for children to be more independent. By practicing independence they will grow into authentic, more autonomous people who are confident in their abilities. Furthermore, they will feel competent to make independent choices, live authentic lives, and face life's challenges by relying on their own strengths and capabilities. Some simple ways to encourage independence are establishing consistent daily routines (morning, homework, bedtime), assigning age-appropriate chores, encouraging problem-solving, promoting self-advocacy and normalizing mistakes.

Reasons to Encourage Your Child's Independence

1. Builds confidence
2. Builds tolerance for frustration
3. Gives them a voice
4. Gain life skills
5. Strengthens responsibility
6. Learn the skill of decision-making
7. Builds their resilience
8. Motivates them to overcome fears
9. Satisfies their intrinsic desire to become more independent

April's Focus:

The Importance of Independence for Children

<https://joannabel.com/why-it-is-important-for-a-child-to-be-independent>

