

# Raising Independent Children

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How to say “NO”



# What holds us back?

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- They won't love us
- Don't like to see them cry
- Fear of them failing
- Want them to always be happy
- Time-Patience factors
- Don't want to lose our baby



# Things to think about

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- ❖ Do I want them to be self sufficient as they grow up?
- ❖ Whose job is it to teach them?
- ❖ Are they being manipulative?
- ❖ Short term vs. long term results.



# What do they need to function in the world?

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## You can help them!!

- They need to experience and tolerate **DISAPPOINTMENT**.
- They need to experience and tolerate **FRUSTRATION**
- They need to learn to delay **GRATIFICATION**

# Set Boundaries

## Why?

- Need to be disciplined. You are the parent – your job to guide them to learn right from wrong.
- Learn what is safe and what is dangerous.
- They feel safe because they know what's expected
- If they learn how to behave at home they will understand how to behave in other situations.
- It allows them to take some responsibility for their actions. – Self control.





# Set Boundaries How?

- Model behavior – Say “Please”, “Thank you”, etc. and expect them to do as well.
  - Remind them how to wait, not interrupt, and speak respectfully as well as listen to others.
  - Remember that it is alright for them to get upset, that is how they learn.
  - Set realistic expectations – Want them to be successful.
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- Be consistent – Follow through with consequences.
  - Give warning of the expectation.
  - Give two choices – Two that are okay with you.
  - Give them firm directions - Don't ask. “Why don't you clean up the toys then we can go to the park.” Vs. “Please clean up and we'll go to the park.”

## Promote Independence

1. Expect more from them- They are capable and if you let them know, “You can do it”.
2. Don't rush in to save them-Give them time to do it themselves, they need to solve the problem. Give them the words to ASK for help instead.
3. Give them a task/chore- have them dress themselves, water the plants, something manageable for them to do and help out with.
4. Praise (not overly) when they do it.
5. Have routines- when they know what to expect, they can become confident in what they are supposed to do.





6. Lighten up- If things aren't perfect, that's okay.
7. Give warnings of transitions so child knows what to expect and then follow thru-Give reasonable choice
8. Let them play unstructured and unsupervised - no media. It's okay for them to be bored!

Pick a few strategies to start with and as you see the growth, add more.





## Observation Guidelines

Just Observe – Try not to talk to the children.  
Please try not to judge the children.  
Focus on moments of independence.

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- ✓ How are the children being independent?
  - ✓ How are the teachers fostering independence?
  - ✓ Did you see children having a problem with something? What happened and how did the child handle the situation?

## Debrief

How were the students showing independence?  
How were the teachers supporting the children?  
Were there any problem solving situations spotted?

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## Reflection

Did you gain new insight?  
Will you use some of the skills shared today?



Thank you for coming

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