



CARD 13

WHY NOT TRY?

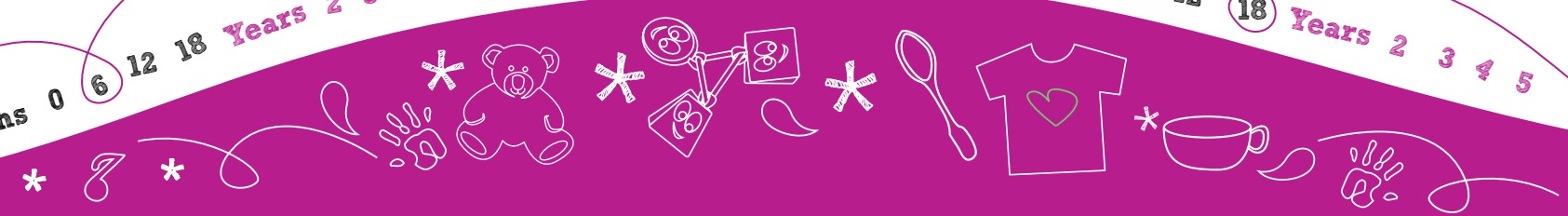
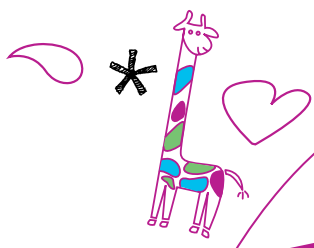
- * Allowing your child time to watch others play or letting them play with toys on their own for short periods, while you stay close by. This will help you support your child to play independently.
- * Offering your child a choice wherever possible, for example when deciding on which toys to play with.
- * Expecting your child to show increasing independence such as pulling off their socks and eating finger food.

"What I Like..."

- * When you encourage me to feed myself and don't make a fuss when I make a mess.
- * When you let me choose what I want to play with.
- * Other people to play with me and that includes you!

Did you know?

- * Your baby will begin to assert their independence in different ways. For instance, when your baby turns their head away as they are being fed they are communicating their choice and showing you that they've had enough to eat.
- * You may have to offer a particular type of food on ten to fifteen occasions before your child decides that they like it.



CARD 14



WHY NOT TRY?

- * Making sure that your child knows where and who to return to, when they leave your side.
- * Sharing your child's pleasure when they do something independently.
- * Respecting your child's decisions, such as when they say "no" or want to do things independently.
- * Giving your child the opportunity and enough time to do things independently, for instance when they're taking off their clothes at bed time or using a spoon at meal time.

"What I Like..."

- * When you don't over-rule every time I say no to something or want to do it on my own.
- * When you don't rush me and let me do things in my own time.

Did you know?

- * That if you praise your child when they try to be independent, they'll be more likely to try again.
- * You need to show your child how to do things, before they can do them independently.
- * Your child won't become independent by being left alone, they need your ongoing support.





CARD 15

WHY NOT TRY?

- * Giving your child little jobs to do when you're out shopping, such as putting apples into a bag or getting a box of their favourite cereal off the shelf. They'll enjoy the responsibility.
- * Cooking and baking together with your child, this can help encourage an interest in trying different foods.



CARD 16



WHY NOT TRY?

- * Teaching your child to care for their things. For instance you can do this by asking them to tidy up their toys and showing them how to do this by doing it together the first few times.
- * Giving your child more responsibility and encouraging them to be more independent by asking them to set the table, spread butter on their toast, dress and undress themselves, use a spoon and fork to eat with and pour their own drink.

"What I Like..."

- * Is when you let me choose the clothes I want to wear, even if you think they don't match!
- * When you give me enough time to dress myself.

"What I Like..."

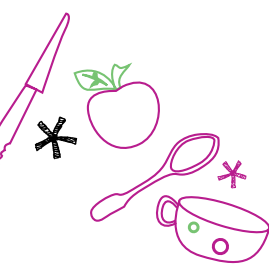
- * When you give me a challenge, but only if your expectations are realistic.
- * When we're both involved in daily routines such as loading or emptying the washing machine.

Did you know?

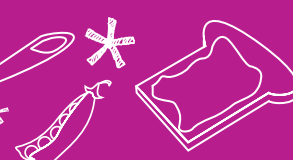
- * Your child sometimes needs a challenge. If they aren't given a challenge by you then they'll make their own and if this happens, they may take it a bit far for your liking.
- * Avoid using the word "no" too much. Only use it in serious situations or it will lose its impact and your child will start ignoring it.

Did you know?

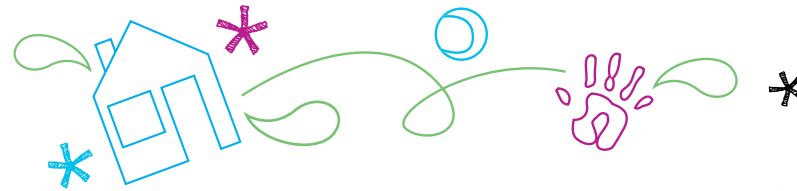
- * Even though your child will take longer to complete jobs on their own, their skills will develop over time.
- * You need to set an example, by letting your child see you brushing your teeth and using the toilet, they will learn from you.
- * That reading stories with your child, such as "We Are Wearing Out The Naughty Step" (M Inkpen) and "Eat Your Peas!" (K Gray) can help you get messages across in a fun way.



Months 0 6 12 18 Years 2 3 4 5



Months 0 6 12 18 Years 2 3 4 5



CARD 17

WHY NOT TRY?

- * Waiting until your child asks for your help before you provide it. Support them in difficult situations and if other children are being unkind.
- * Encouraging your child to dress themselves, when you've got enough time and won't be rushing them.
- * Providing achievable challenges such as putting shoes on and allowing your child to make mistakes, they will learn from them.
- * Encouraging your child to empty the dishwasher and to pair socks when you're sorting the clean clothes.

"What I Like..."

- * When we match patterned socks together, it's much more fun than pairing plain black socks!
- * When you buy me clothes with elasticated waists and shoes with Velcro fastening, then I can dress myself without getting fed up. Otherwise it gets too fiddly.
- * That you don't over react when I make a mistake and you know that it's all part of me learning.

Did you know?

- * If you let your child organise their own games when they are playing with friends, it will encourage them to be independent and confident.
- * That your child needs enough time to master new skills so don't rush them when they try something new. And remember to give them lots of praise and encouragement.

