

Building independence in your kids

Children don't stay children forever. As parents, we want to help them build skills to be healthy, happy adults.

So how do you do that?



CHALLENGE

Match new challenges to your child's age and maturity

INDEPENDENCE

Find tasks your child can do alone



COACH

Teach your child to do new tasks

GRIT

Allow for mistakes



BE REALISTIC

Keep your expectations realistic

AWARENESS

Catch yourself doing things your children can do themselves

