

The road to independence is not always easy. We want you to know it is OK...

Toddler

- ...if your child complains a bit about doing what they have been asked to do; stand your ground!
 - ...if your child cries to be carried; tell them that they can walk.
 - ...to be the parent and not a friend. "You have to love your child enough to let them hate you." —Carol Burnett
 - ...if your child is crying or whining when they come into class; just let them go and they will be fine. We will call you in the event they do not settle down.
 - ...if your child makes mistakes. It allows them to learn on their own.
 - ...to allow them to dress themselves even if their clothes do not match.
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Preprimary

- ...if your child complains a bit about doing what they have been asked to do; stand your ground!
 - ...if your child is crying or whining when they come into class; just let them go and they will be fine. We will call you in the event that they do not settle down.
 - ...if your child's clothing is not perfectly matched. It shows that they have been given the opportunity to make their choice independently.
 - ...if your child makes mistakes. It allows them to learn on their own.
 - ...if your child's hair is not perfectly coifed and/or groomed.
 - ...if your child spills when pouring, drops when carrying, or does not clean up "perfectly."
 - ...if your child misspells words and writes letters and/or numbers backwards.
 - ...if your child forgets his backpack, lunch, folder, etc. on occasion. The natural consequences that occur may keep it from happening in the future.
 - ...if you let your child try to solve their conflicts on their own before intervening.
 - ...if your child is brought to school in their PJ's if you have had a particular difficult time that morning.
 - ...if your child brings leftovers for lunch.
 - ...if your child is not eager to do academic work when they get home.
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Lower Elementary

- ...to eat whatever the teacher can find at school for lunch because lunch was forgotten at home or in the car.
 - ...if the laundry is not folded perfectly or in just the right place in the closet or drawer.
 - ...if your child feels some frustration at having to figure something out on their own.
 - ...to miss a favorite television show to have time to wind down and read before bed.
 - ...to go to bed early to keep from being too tired to get up on time in the morning.
 - ...to make two trips to move all of their belongings from one place to the next.
 - ...to spill.
 - ...for your child to feel disappointed because they were told "no."
 - ...for your child to search for something that has been lost.
 - ...for your child to complain about doing homework and using the dictionary.
 - ...for your child to complain about taking care of their belongings.
 - ...to not be able to explain all of the work done at school and why.
 - ...to not watch television or play video games before school.
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Upper Elementary

- ...if their book of the month project looks like they did it, and not their parent.
- ...if they do not meet 100% of their weekly goals each week.
- ...to forget their lunch (occasionally).



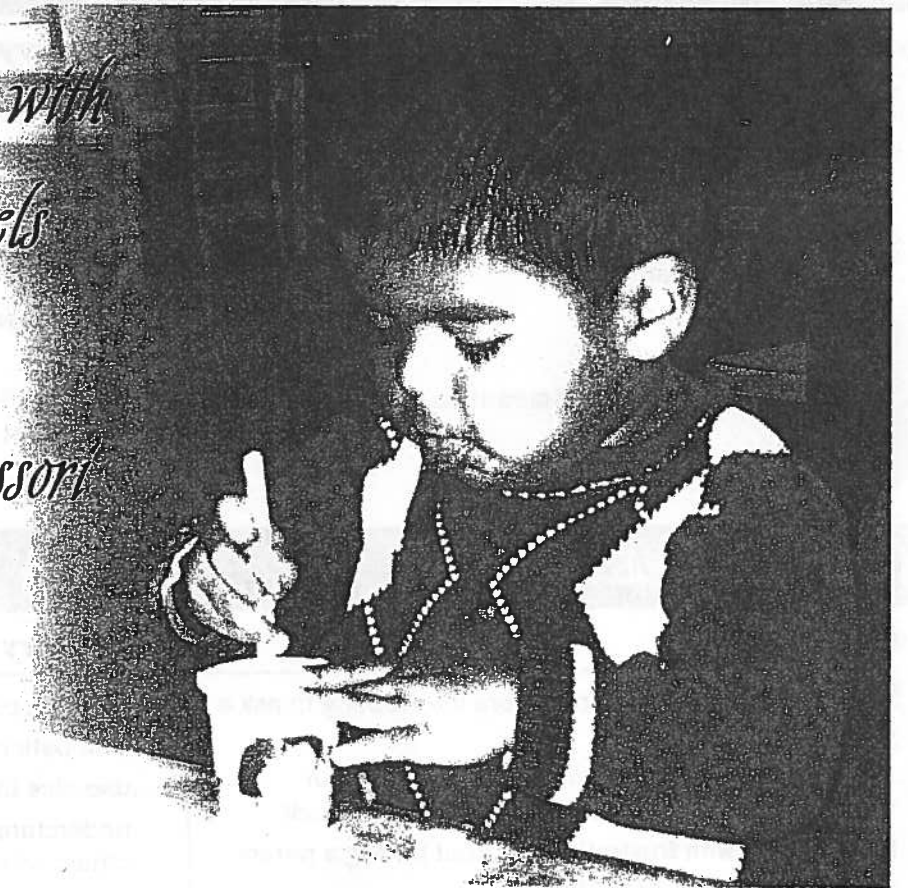
Independence *guide*

BENCHMARKS TO AID IN THE DEVELOPMENT OF
INDEPENDENCE IN YOUR CHILD.

Helping your child
become independent

*"Never help a child with
a task at which he feels
he can succeed."*

-- Maria Montessori



What does independence look like at each stage of development? Look inside to find out...

Benchmarks of Independence

CARE FOR SELF

Toddlers can...

- ...dress themselves.
- ...walk to class without being carried.
- ...carry their belongings (backpack, lunch, and coat) to class and place them in the cubby without parental help.
- ...open and close their lunchboxes.
- ...feed themselves without constant clean-ups.
- ...drink from an open cup.
- ...eat while sitting in a regular chair (no highchairs).
- ...go to the bathroom independently as long as their clothes are not a hindrance.
- ...entertain themselves without the TV or computer.
- ...help to brush their teeth and hair.

Preprimary students can...

- ...help in making their lunch.
- ...brush their hair in the morning.
- ...dress themselves and put on their own jacket/coat.
- ...put on their socks and shoes. Even if they need help with tying, etc., they can make the effort.
- ...remember their backpack, jacket, lunch, work folder/binder, etc.
- ...carry their own belongings (backpack, lunch, snack, etc.) to class.
- ...walk into class from the morning car line by themselves.
- ...go to the bathroom independently as long as their clothes are not a hindrance.
- ...pour their beverages.
- ...clean up after themselves upon finishing eating.
- ...carry their plate to the kitchen after meals.

Lower Elementary students can...

- ...wake to an alarm clock, get dressed, and be ready for breakfast.
- ...make their breakfast.
- ...fill their water bottle.
- ...pack their lunch with nutritious foods.
- ...remember to bring lunch, coat, and backpack to and from school.
- ...walk in from car line alone.
- ...carry their things.
- ...serve themselves.
- ...clean up spills and accidents.
- ...complete homework by themselves and turn it in when due.

Upper Elementary students can...

- ...dress and prepare their own breakfast each morning.
- ...plan and pack their own lunch.
- ...be responsible for remembering water bottle, homework, take-home folder, and other papers that are due.
- ...remember to wear/bring a jacket for outdoor recess.
- ...pick up after themselves.
- ...allot time, and manage until completion, their book of the month report and project.
- ...come up with an original idea for the book of the month project and make a list of supplies needed to complete the project.
- ...complete most of their work-plan most weeks.

CARE FOR THE ENVIRONMENT

Toddlers can...

- ...clean up and put their toys away.
- ...prepare fruits and veggies.
- ...water plants.
- ...clean up spills.
- ...help to wash the car.
- ...help sweep the floor.
- ...put some laundry away.
- ...be respectful of other living creatures.

Preprimary students can...

- ...sort silverware after it has been washed.
- ...sweep floors.
- ...put away their toys.
- ...straighten their room.
- ...sort clean socks, fold towels, etc., on laundry day.
- ...have responsibilities in keeping the environment clean and tidy.
- ...help prepare veggies/fruit for meals at home.
- ...help plant flowers, weed flower beds, water plants, etc.

Lower Elementary students can...

- ...make their bed every day.
- ...fold laundry and put it away.
- ...feed and care for pets.
- ...put away toys, games, and books.
- ...set the table for meals.
- ...help to do the dishes.
- ...sort their trash (recycling and compost).
- ...take out the trash and recycling.
- ...sweep and vacuum the floors.
- ...read a book to parents, siblings, and by themselves.

Upper Elementary students can...

- ...pick up after themselves (they do it at school).
- ...clean their rooms and help out daily around the house.
- ...take out the trash and recycling.
- ...care for pets.
- ...put away groceries.
- ...help wash the car (it transports them everywhere).
- ...help with yard work.

INTERPERSONAL SKILLS

Toddlers can...

- ...let others finish a sentence before interrupting to ask a question.
- ...ask for a drink/snack when desired, rather than walking around with a bottle, sippy cups, or snack.
- ...learn to deal with frustrations without having a parent solve every problem for them.
- ...use words rather than whine.

Preprimary students can...

- ...show respect for others.
- ...wait patiently without interrupting conversations.
- ...use nice table manners.
- ...understand not to take or use things that belong to others without asking for permission.
- ...begin to solve problems with little or no interference from adults.
- ...feel empathy for others.

Lower Elementary students can...

- ...say please and thank you.
- ...help others with work.
- ...solve problems with friends.
- ...take advantage of peer mediation when necessary.

Upper Elementary students can...

- ...write thank you notes for gifts received.
- ...exhibit grace and courtesy.
- ...use Conflict Resolution skills.
- ...help others problem solve.
- ...respect authority.