



Promoting Independence Workshop

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Housekeeping

- Introductions
- Fire exits and alarms

Aims for the session

- Why do children need to develop their independence?
- What could happen if we don't support children to develop their independence?
- Strategies to support independence





Why do children need to develop their independence?

- It is essential for survival! And adulthood...

For children it also helps them to:

- Make choices e.g. what they want to play with, to meet their own preferences.
- Become autonomous – this improves self-esteem, confidence as well as general emotional wellbeing.
- Improve social skills – supports development of self-awareness and sensitivity to others.
- Become an independent learner – able to think for themselves and adapt learning to their learning style.

Fleas in a jar...

- What happens if you put a 'lid' on children's learning?

https://www.youtube.com/watch?v=9NgNR_qL7kM

Links directly to Early Years Foundation Stage (EYFS) Curriculum...



- At Nursery your child will be encouraged to: hang up their own coat, put on their own coat, change their shoes, etc.
- 3 key characteristics of effective learning are:
 - **playing and exploring** - children investigate and experience things, and 'have a go'.
 - **active learning** - children concentrate and keep on trying if they encounter difficulties, and enjoy achievements.
 - **creating and thinking critically** - children have and develop their own ideas, make links between ideas, and develop strategies for doing things.
- This will help prepare them for Reception and beyond!

Developing functional independence at home...

- Ensure the environment is 'child friendly' e.g. step to reach toilet/sink, child appropriate cutlery/crockery etc.
- Embed routines and encourage your child to complete tasks independently.
- Encourage your child to take responsibility for their own possessions e.g. put away their coat/shoes.



Developing functional independence at home...

- Ask your child help to tidy away their toys e.g. 'tidy up song'.
- Play a game to help children know where things are kept. Put articles such as crayons, counters and blocks in a drawstring bag. Ask children in turn to take an item from the bag and return it to its proper place.
- Encourage your child to join in with cleaning tasks e.g.



Backward chaining...

When introducing a new skill:

- Break down the skill into steps.
- Encourage your child to complete the last step of the task first.
- Once the last step is mastered, encourage your child to complete the last two steps of the task.
- Continue until your child can complete the whole task.



See handout for breakdown of core self-care skills

Offer choices and decision making in activities/tasks...

- Provide realistic and structured choices e.g. “Would you like to wear the red or blue t-shirt?” rather than “What would you like to wear?”
- Painting: provide paper of different shapes, sizes and colours. Make the paper easily accessible by placing it on a low table
- Construction: provide options. Add pebbles, sticks, stones and shells to the block area. Provide rubber bands, masking tape and Blu-Tack for fixing.
- Storytime: offer alternatives for a story and ask children to vote for their choice.
- Child-led activities: let your child lead you!



Thank you for taking the time to
join us today.

Any questions

