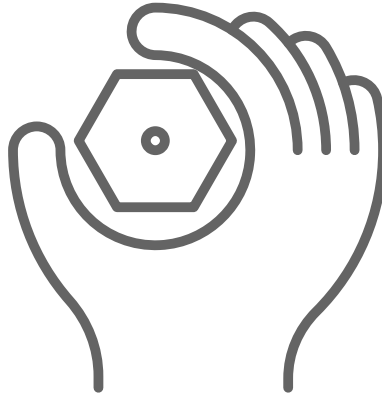


## **SMALL STEP BIG IMPACT: BUILDING INDEPENDENCE AND RESPONSIBILITY**



- ☐ **Age-Appropriate Chores:** Assign chores that are suitable for your child's age and abilities. This can range from tidying their toys to helping with dishes. This teaches responsibility and provides a sense of achievement and contribution to the household.
  
- ☐ **Managing Belongings:** Teach your child to manage their own belongings, whether it's their school bag, toys, or clothes. They can start with small tasks like putting away their toys after playing or arranging their school books.
  
- ☐ **Lunch Packing:** Encourage your child to pack their own lunch. You can guide them in choosing a balanced meal.
  
- ☐ **Homework Time:** Encourage your child to do their homework independently but let them know that you're available to help if needed. This fosters self-reliance while assuring them that support is available.

- ☐ Using an Alarm Clock: Teach your child to use an alarm clock. This is a crucial skill for managing their own time and it also ensures they start their day independently.
- ☐ Problem-Solving Skills: Incorporate activities that practice problem-solving skills in everyday situations. It could be figuring out how to fix a broken toy or how to schedule their after-school activities.
- ☐ Decision Making: Encourage your child to make their own decisions whenever safe and appropriate. It could be about choosing their clothes for the day or deciding what book to read. This boosts confidence and decision-making skills.
- ☐ Safety Skills: Teach your child important safety skills, like crossing the street safely, what to do in case of an emergency, or how to seek help when needed.
- ☐ Money Management: Start teaching basic financial literacy early. Encourage your child to save and manage money, whether it's from their allowance or birthday money.
- ☐ Making Breakfast: Let your child make their own breakfast. Start with something simple like cereal or toast and gradually progress to more complex meals as they grow. It's a great way to teach them about food preparation and kitchen safety.