

My checklist for helping my child become more independent

- My child can do things for himself/herself like dressing, brushing hair, toileting
- My child can open and close his/her school bag, lunchbox and drink bottle
- My child is confident going to the toilet and washing hands properly
- My child is able to ask questions and speak for himself/herself
- My child is learning to be responsible for his/her own belongings
- My child can recognise his/her own name on clothing tags, lunches etc
- My child knows 'when to eat what' at school (eg, play lunch vs big lunch)
- I talk to my child about what happens at school and expected behaviours
- I help my child get along with others by encouraging him/her to take turns and share
- I allow plenty of time in the mornings for my child to get ready
- I encourage my child to feel confident about separating from me