NHS
Ealing Community Partners

Speech and Language Message of the Week

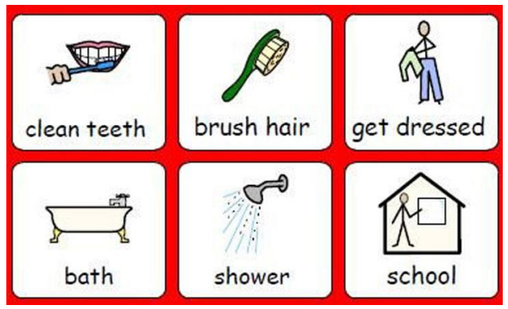
Take a step back and encourage children to problem solve between themselves rather than "jumping in". Working out how to sort things for themselves will make children more independent in their learning.

Give your child a **solution** to help them with a challenging task. Then let them give it a go! E.g. "toys can be hard to reach. It can help if you use the stool".

TOP TIPS FOR ENCOURAGING YOUR CHILD TO GAIN INDEPENDENCE

Give your child **choices** e.g. "would you like apple or banana". This will help develop their decision-making skills.

Teach children that **it is ok to make mistakes**. Empower them to "have a go". Model this to your child e.g. "oh, I forgot to post the letter – never mind I can send it tomorrow."



Encourage children to complete their morning routine more independently. Use visuals (photos, pictures) to help them understand what is expected of them.

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