

# Independence

### What is independence?

Your child's growing ability to do things for themselves.

Between 12 and 36 months, your toddler will learn that they can control themselves, their body and, sometimes, those around them. This is a healthy and important step in their development.

They'll want to learn new skills, make choices and do things by themselves. And they'll show more willpower to do things "their way" rather than yours.



### HOW TO

#### Help your toddler become independent

- ✓ Let them do what they can on their own, from dressing to washing.
- ✓ Let them make simple choices, like choosing which cup to drink from.
- ✓ Encourage them to do things by themselves, even if they need extra time.
- ✓ Encourage new activities that they'll likely do well.
- ✓ Give them time to repeat a skill as they're learning, like letting them master stacking 2 blocks before giving them a third.
- ✓ Be positive about their efforts, whether or not they're successful.



### DID YOU KNOW?

It's okay for your toddler to feel frustration. Letting them feel frustrated while they work on simple tasks is part of how they learn to problem solve.

