

# Independence

### What is independence?

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

Between 12 and 36 months, your toddler will learn that she can control herself, her body and, sometimes, those around her. This is a healthy and important step in her development.

She'll want to learn new skills, make choices and do things by herself. And she'll show more willpower to do things "her way" rather than yours.



### HOW TO Help your toddler become independent

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



### DID YOU KNOW

It's okay for your toddler to feel frustration. Letting her feel frustrated while she works on simple tasks is part of how she learns to problem solve.

