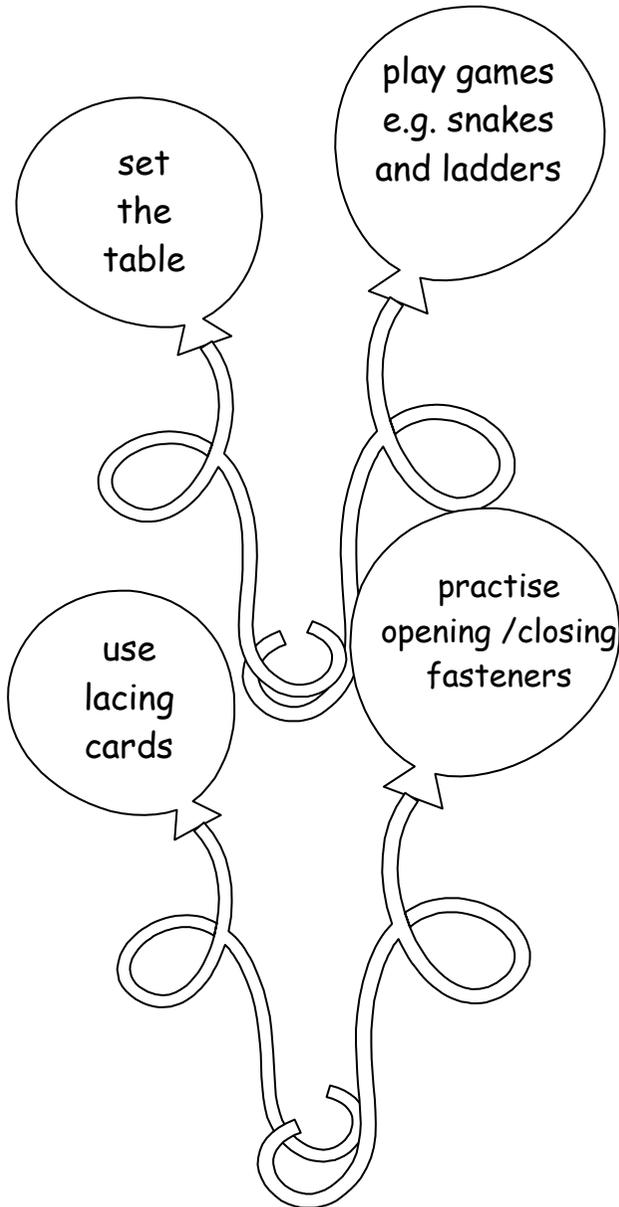


**Make it  
fun!!!**



**It's fun  
to learn**



**to be  
independent**

*East Dunbartonshire  
Early Intervention Team*

## Why encourage independence?

Children feel more comfortable at school if some of the routines are familiar to them.

They take pleasure in doing grown up things, like helping to tidy up and showing other children and adults what they can do.



## Some Suggestions

Take every opportunity to encourage your child to put on a coat, zip up or do the buttons and hang it up.

Make a game of it—time the dressing up game!

Teach your child to tie laces or buckle shoes. Children often have to change shoes in school for gym or outdoor play.

Show your child how to use a tissue—count the blows!

Teach your child how to use a toilet and wash their hands afterwards—children love playing in water!

Teach your child the correct way to use a knife and fork.



Encourage your child to put away toys and tidy up.

Teach your child to share and take turns when playing games.