



NDCH

Northern District Community Health

NDCH-your first port of call in the pursuit of good health!

Small steps to developing independence in kids and teens



A big part of parenting is teaching children and teens to be independent while still keeping them safe. Below are three tips to help you nurture your child's independence.

1. Create cut down versions

Break bigger tasks down into manageable size parts. For example instead of walking from home to school, drop them off close to the school so they can build up their confidence walking to school before they walk the whole way to school.

2. Help your child develop decision-making skills

Teach your child to use a [problem solving approach](#) to a task that looks at different options, brainstorming what to do if things don't go to plan and giving your child feedback on how they go at the task. This can help your child to understand why they do a task a certain way and have them thinking about consequences to actions.

3. Respect your child's feelings and opinions

It is good for your child's self-esteem to be taken seriously. Even if you don't agree with your child's opinions all the time, it is important to at least give them the space to express them. This not only builds their independent thinking skills but it means they will feel comfortable seeking your input in future tasks.

For more tips: <https://raisingchildren.net.au/pre-teens/development/social-emotional-development/independence-in-teens>