

Tips for BUILDING INDEPENDENCE at Home

Is your child developing their independence? These methods will encourage them!

If you have any concerns about their progress, contact your developmental screening center for help: 1before2.org/regional-map

1 A step stool makes an adult-sized environment more accessible, and helps things like brushing teeth, washing hands, meal preparation, and tons of activities easier for children to participate in.

If it's small and lightweight, your child can move it around on their own when they need it.

2 Keep a jug of water and kid cups on a small table.

This also develops motor skills, so keep dish towels where children can reach them and they can wipe up their spills.



Your child wants to help you! So help them help you:

- Keep diapers and wipes close to the ground so they can bring them to you (maybe let your child pull the wipes out, too - it's a good sensory activity).
- Keep a small watering can within reach so they can help water the plants.
- Get a small broom they can use to help sweep the floors.



3 Store their everyday clothes in a low drawer or basket. They can get themselves dressed or simply pick out their clothes.

It's also helpful to have a laundry basket without a lid so children can drop in dirty clothes (and wet dish towels).

5 Create an art supply zone with materials they can use without help: crayons, paper, stickers, glue sticks, safety scissors, etc.

Also have accessible storage for these items so they can get things out and put them away on their own.

4 Keep books low to the ground so they are always available. If books are on a shelf, face them forward - when children see the covers it's easier for them to choose.

This also promotes early literacy skills!



One Before Two is a campaign through the Wyoming Department of Health Child Find program dedicated to ensuring every child in Wyoming has a developmental screening once before the age of two, and every year after that until they are five years old.



Wyoming
Department
of Health
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