



NAME/TITLE	Encourage Independent Play and Exploration
AGE	2-5
DESCRIPTION	For your child to play and explore on their own, create a secure and engaging environment. Offer playthings and activities for all ages that promote imagination, problem-solving, and creativity. Young children benefit from independent play by developing a sense of autonomy and self-direction and gaining self-assurance.
LINKS, SOURCES	https://raisingchildren.net.au/toddlers/play-learning/play-ideas/independent-play





NAME/TITLE	Establish Routines and Offer Choices
AGE	2-5
DESCRIPTION	Young children experience predictability and security as a result of consistent daily routines. It gives them a sense of control over their environment and a better understanding of what to expect from them. When it makes sense, give your child options within these routines. This gives them the authority to make choices, boosting their self-assurance and sense of independence.
LINKS, SOURCES	https://www.healthychildren.org/English/Pages/ErrorPage.aspx?requestUrl=https://www.healthychildren.org/English/ages-stages/toddler/Pages/How-to-Set-Up-a-Routine.aspx





NAME/TITLE	Promote Self-Help Skills through Daily Activities
AGE	2.5-5
DESCRIPTION	To help your child develop independence and life skills, encourage them to take on responsibilities like feeding themselves, getting dressed, and basic hygiene. Give them opportunities to practise these skills in an age-appropriate setting while providing them with gentle direction and encouragement. They are given more freedom as a result, increasing their level of self-care.
LINKS, SOURCES	https://www.zerotothree.org/resources/18-promoting-self-help-skills





NAME/TITLE	Foster Emotional Awareness and Expression
AGE	2-5
DESCRIPTION	Create a safe space for your child to express their emotions that is nurturing and judgment-free. Help them name and categorise their emotions to promote emotional intelligence. Give them constructive channels for expressing their emotions and instruct them in coping mechanisms for a range of emotions. Their emotional growth and self-awareness are aided by this.
LINKS, SOURCES	The Child Mind Institute





NAME/TITLE	Encourage Problem-Solving and Critical Thinking:
AGE	2-5
DESCRIPTION	Give your child the chance to take part in age-appropriate puzzles and challenges. To help them develop their problem-solving and critical thinking abilities, encourage them to think through issues on their own. Allow them to develop confidence in their capacity to overcome challenges and find solutions by providing gentle guidance as needed.
LINKS, SOURCES	PBS Parents offers tips on promoting problem-solving skills in young children.

