

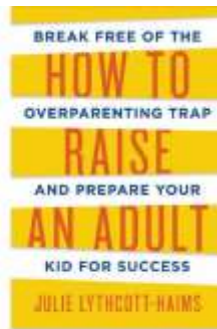
TEACHING INDEPENDENCE

Our current emphasis is on building student independence as they transition back to school in these first few weeks. Children naturally tend to regress a bit in their independence when in the presence of their parents as many children seek connection through a need to be helped. That said, once they are on campus, we find many students to be quite capable. This is one area where a parent-school partnership can be especially beneficial in supporting student growth. Independence transfers to confidence and self-efficacy, [key indicators for academic success](#) (Hattie, 2018).

A guide of skills children should master by each developmental stage was sent home in early September. Additionally, click here for a cheat sheet from last year's Parent Book Club book, *How to Raise an Adult*, regarding life skills students should be able to do based on their age range. Every child is different so this is a general guide for "most" children. Please note that not all children fit within these ranges.



Yardsticks Developmental Skills



How To Raise an Adult

Teaching independence through the practice of life skills (from *How To Raise An Adult* by Julie Lythcott-Haims)

- **Ages 2-3**
Child can: put his own toys away, dress himself, put his clothes in the hamper, clear his plate after meals, assist in table setting, brush teeth and wash hands/face.
- **Ages 4-5**
Child can: know full name, address and phone number, know how to call 911, perform simple cleaning chores, feed pets, identify monetary denominations, brush teeth, comb hair, wash face, help put laundry away, choose own clothes to wear, help pick out snacks for the day, load snacks and water bottles into backpacks.
- **Ages 6-7**
Child can: mix, stir, cut with a dull knife, make a sandwich, help put groceries away, wash the dishes, straighten the bathroom, make his bed, bathe unsupervised, use chart to pack daily school supplies, choose and pack snacks, help pack lunch.
- **Ages 8-9**
Child can: fold clothes, learn simple sewing, care for outdoor toys (bikes), take care of

personal hygiene without being told, use broom/dustpan, read a recipe and prepare a simple meal, help create the grocery list, count and make change, take written phone messages, help with yard work, take out the trash.

- **Ages 10-13**

Child can stay home alone, go to the store and make purchases by self, change own bedsheets, use washing machine and dryer, plan and prepare a meal with several ingredients, use the oven to broil/bake foods, read labels, iron own clothes, learn basic hand tools, mow the lawn, look after younger siblings/neighbors.

- **Ages 14-18**

Child can perform more sophisticated cleaning chores such as changing the vacuum cleaner bag, cleaning the stove, unclogging drains, fill car with gas, read and understand medicine labels and dosages, interview for and get a job, prepare and cook meals

- **Young adults**

They can make regular doctor and dentist appointments, have basic understanding of finances and be able to manage a bank account, use a credit card, understand basic contracts like an apartment or car lease. Schedule oil change and basic car maintenance.