

“Never do for a child what they can do for themselves.”

## Raising Independent Children:

### It ends with Self-Efficiency!

Using the checklist below, check the tasks your child was able (allowed) to do at each developmental stage:

Preschool 2-3 years old

- help put toys away
- dress themselves (with some help)
- put clothes in dirty clothes hamper
- bring plate to sink
- brush teeth/wash face (some assistance)

PreK-K 4-5 years old

- know full name, address, phone number
- knows how to make an emergency call
- simple cleaning chores (wipe the table)
- feed pets
- choose clothes/dress self

1<sup>st</sup>/2<sup>nd</sup> grade 6-7 years old

- make simple meal- sandwich, lunch
- wash dishes/load dishwasher
- make bed
- bathe without help
- complete homework (limited assistance)

3<sup>rd</sup>/4<sup>th</sup> grade 8-9 years old

- \_\_\_\_\_ sweep
- \_\_\_\_\_ complete their planner for school independently
- \_\_\_\_\_ complete their homework independently
- \_\_\_\_\_ prioritize their school work
- \_\_\_\_\_ solicit help from an adult

5<sup>th</sup>/6<sup>th</sup> grade 10-11 years old

- \_\_\_\_\_ balance their school, activity, social time independently
- \_\_\_\_\_ use their planners for school, activities and social time
- \_\_\_\_\_ wash clothes
- \_\_\_\_\_ supervise younger children
- \_\_\_\_\_ cook safely using oven/stove

7<sup>th</sup>/8<sup>th</sup> grade

- \_\_\_\_\_ self-sufficient!

It's not too late. Go to where they are currently functioning and help them gain more independence (unless you want to room with them in college 😊).