

## I Did It Myself!

Learning to do things independently will help your child:

- Have pride in his own abilities
- Improve decision making skills
- Become an active part of family routines



### Ideas to try with your child:

- Have your child pick out his own clothes when getting dressed in the morning. Give two to three options to choose from, and make sure options are easy to put on. Start with items like elastic-waist shorts, slip on shoes, or shirts without buttons.
- Create simple jobs for your child that he can do by himself. Tasks like sorting or folding socks, carrying laundry to his room, setting out napkins at the table, and picking up toys in the living room are good ones to start with.
- Comment on his growing abilities: "I'm so proud of the way you picked up your toys." Or, "Thank you for putting the cups on the table for dinner. You're a great helper."

### If your child is struggling:

- Practice simple tasks, like picking up toys, with your child and show him exactly how to do it. Slowly remove your help, until your child is doing it by himself.
- Praise your child as he shows independence in tasks like taking off his shoes, wiping his feet at the door, or drying himself off after a bath.

### Going further:

- Create a chore chart for your child. Add stickers to the chart every day for chores completed and give a small prize, like extra time at the park or an extra bed time story, when the chart is complete at the end of the week.
- Give your child more complex tasks as he is able to do more independently. Examples: emptying bathroom garbage into the large garbage, wiping off tables, or setting out silverware for meals.
- Books to check out:  
I Can Do It MYSELF! by Stephen Krensky; All By Myself by Mercer Mayer; and All By Myself! by Aliki.



The WA State Department of Early Learning and the Richland School District believes that parents, families, and caregivers are young children's best teachers. This resource guide, part of *Strong Foundations for School: Resource Guides for Parents of Young Children*, highlights a key developmental skill for **children Ages 3-4 years** that parents can help improve at home.

Adapted from *WA State Early Learning and Development Guidelines, 2012*: "Express delight in own abilities" About Me, My Family, and Culture, Ages-3-4 years, pg. 58