

Promoting Independence at Home

- **Self-feeding.** Let children be as independent as possible during mealtimes. Give them the tools they need to be successful. Consider bowls that attach to the table, child-sized utensils and small cups with handles and spouts (such as measuring cups) for pouring. Encourage children to try for themselves but provide help and encouragement when needed so they don't get frustrated.
- **Independent dressing and grooming.** Encourage children to dress and groom by themselves; just provide minimal assistance.
- **Hygiene.** Teach children to wash their hands independently. Also teach children how to brush their teeth after lunch and snacks. Be ready to provide support and help if they need it. You can find more suggestions at [Keeping Children's Teeth Clean in Child Care](#) and [Hand Washing in Child Care](#).
- **Helping with daily chores like table setting and picking up toys.** Encourage children to help with clean-up early on. Give them responsibility for placing napkins or utensils on the table. Encourage children to begin clearing their own plates when they are old enough to carry them without dropping them..