

Childcare Connections

Fostering Independence in Childcare Settings

Regulation 6 (2i), Day Care Centre Regulations 1999: Opportunities for all children to learn self-help skills such as dressing and undressing, buttoning, tying shoes and using eating utensils;



When children have opportunities for independence, they strengthen their sense of achievement and confidence. They see what they are capable of and give them confidence to try new things and allows you to support their developing confidence and problem solving skills.

You can provide opportunities to foster independence and support the development of self-help skills through:

- Providing opportunities for children to be independent and complete tasks such as:
 - packing away toys,
 - eating independently or with limited support, where applicable assisting with hand over hand support,
 - dressing themselves,
 - being responsible for their own belongings
- Setting up your environment that allow children to make choices and take control of the materials they need.
- Creating and consistently following a routine.
- Having a visual schedule for children to follow throughout the day allows them to know what is next.
- Respecting the child as a person.
- Provide opportunities for indoor and outdoor play.
- Communicating and modelling appropriate behavior with the children.
- Encouragement
- Creating age-appropriate class responsibilities.
- Learning through play.

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Ministry of Health

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