



Let's Learn Together Building Independence – 2023

Welcome

- Working together to build independence needs for children to grow as independent individuals
- At school we treat the children as individuals and promote their independence skills
- They are expected to look after their own belongings, tidy up after themselves and carry things that belong to them
- It is important that parents at home support and build the same independence skills that we work on in school

What does the EYFS Curriculum Expect from 2-3 year olds?

2-3 Years	<ul style="list-style-type: none">• Are talking about their feelings in more elaborated ways: "I'm sad because..." or "I love it when ...".• Safely explore emotions beyond their normal range through play and stories.• Be increasingly able to talk about and manage their emotions.
	<ul style="list-style-type: none">• Begin to show 'effortful control'. For example, waiting for a turn and resisting the strong impulse to grab what they want or push their way to the front.

2-3 Years	<ul style="list-style-type: none">• Grow in independence, rejecting help ("me do it"). Sometimes this leads to feelings of frustration and tantrums
	<ul style="list-style-type: none">• Learn to use the toilet with help, and then independently.• Walk, run, jump and climb – and start to use the stairs independently.• Show an increasing desire to be independent, such as wanting to feed themselves and dress or undress.

3-4 year olds?

3-4 Years	<ul style="list-style-type: none">• Develop appropriate ways of being assertive.
	<ul style="list-style-type: none">• Increasingly follow rules, understanding why they are important.• Do not always need an adult to remind them of a rule.
	<ul style="list-style-type: none">• Start to eat independently and learning how to use a knife and fork.
	<ul style="list-style-type: none">• Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips.

3-4 Years	<ul style="list-style-type: none">• Talk about their feelings using words like 'happy', 'sad', 'angry' or 'worried'
	<ul style="list-style-type: none">• Talk with others to solve conflicts.
	<ul style="list-style-type: none">• Be increasingly independent in meeting their own care needs, e.g. brushing teeth, using the toilet, washing and drying their hands thoroughly.• Make healthy choices about food, drink, activity and toothbrushing.

4-5 year olds?

Reception	<ul style="list-style-type: none">• Identify and moderate their own feelings socially and emotionally.
	<ul style="list-style-type: none">• Show resilience and perseverance in the face of challenge.

<ul style="list-style-type: none">• Know and talk about the different factors that support their overall health and wellbeing:<ul style="list-style-type: none">- regular physical activity- healthy eating- toothbrushing- sensible amounts of 'screen time'- having a good sleep routine- being a safe pedestrian
<ul style="list-style-type: none">• Further develop the skills they need to manage the school day successfully:<ul style="list-style-type: none">- lining up and queuing- mealtimes- personal hygiene

Reception	<ul style="list-style-type: none">• See themselves as a valuable individual.• Manage their own needs.
	<ul style="list-style-type: none">• Identifying when they do and don't need help
	<ul style="list-style-type: none">• Manage own basic hygiene.• Dress and undress independently.

Hygiene

- Washing hands and wiping noses are two of the best ways to stop germs spreading in school
- By making washing hands and nose wiping a fun activity, children are more likely to remember
- It is good practice to start taking your child for check ups at the dentist from the age of 2



Teeth Hygiene- 3+

- Good teeth hygiene is essential for good dental health. Children between the age of 3-6 should:
 - Brush at least twice daily for 2 minutes
 - Brush last thing before bed and one other occasion during the day
 - Use children's toothpaste
 - Use only a pea sized amount
 - Spit out after brushing but do not rinse or else the fluoride won't work as well
 - Always supervise your children brushing



Dressing

- Encouraging your child to dress and undress themselves supports their independence and can build their confidence. Remember to start small and allow plenty of time.
- Use bedtimes to practice putting on pyjamas
- Use music while they dress or undress and see if they can get changed before the song ends
- Remember to make it fun and give plenty of praise

Dressing- 2-3

- They should be able to get their coat on and start to have a go at zips.
- Your child might show an interest in dressing or undressing themselves.
- They might be wanting to put their own socks and shoes on, we know it might take longer but try to allocate time.



Dressing- 3+

- Ideally, by the time they are 4, your child should be able to put on and take off their:
 - Uniform
 - Sock and shoes
 - Coat



Toileting- 2-3

- Supporting your child to use the toilet by themselves is an exciting new stage and is key to their independence.
- Ideally your child will be able to:
 - Go to the toilet by themselves
 - Wipe themselves and flush the toilet
 - Wash and dry their hands
 - If they are not ready they might be showing signs such as telling you they need the toilet or indicating they are wet or soiled.

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Food- 2-3

- By the age of 3 your child should be feeding themselves using cutlery.
- They ideally should be trying different foods and different textures.
- They might be starting to show preferences for food.
- Eating together at the table even from a baby as a family encourages not only good eating habits but helps communication and language and personal, social and emotional development.
- If the food is cut up into manageable pieces children are more likely to feed themselves and making safer for them.



Food- 3+

- Family meals are important and should be considered part of your daily routines
- Involve your child with cooking, setting the table and clearing away
- Children who eat family meals tend to eat a wider variety of foods and become less fussy eaters
- If your child is going to have a school dinner it is important to practice carrying a tray and see if they can carry their lunch on it
- By the time your child is 4 they should be able to:
 - Walk with a tray
 - Use a knife and fork
 - Pour a drink
 - Open packaging





In summary

- We are always here to support you in building independence
- We understand it is sometimes easier to do things for your child but the more effort you put in during the early years in building independence the more equipped your child will be to succeed as independent individuals

