

# How to Encourage Your Child's Independence

Many parents don't realize what their kids can do. Give them tasks they can handle for their age. It helps them be independent and successful later on. Here's how to help your child grow:

## START EARLY:

Have your child help with easy chores like tidying up toys or setting the table to teach them responsibility early.



## Example:

Invite your toddler to help you sort laundry by color.

## EMBRACE MESSINESS:

Let your child try new things, even if it means messes or mistakes. See this as a chance for them to learn.



## Example:

Bake cookies with your child, even if it gets messy and the cookies aren't perfect.

## BE PATIENT AND SUPPORTIVE:

Tasks may take longer for your child, so be patient and encourage them, reminding them that mistakes are okay and they can try again.



## Example:

Let your child learn to tie shoes without doing it for them, even if it takes time.

## ENCOURAGE INDEPENDENCE:

Let your child tackle challenging tasks, even if they're not perfect. It builds confidence and independence.



## Example:

Let your child pick their outfit, even if it's a superhero costume for a trip to the store.

## START SMALL:

Start with simple tasks, then increase responsibility as your child grows. It builds skills and confidence over time.

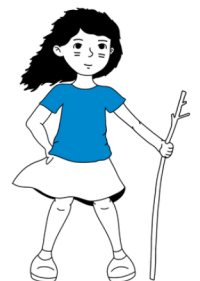


## Example:

Ask your child to be in charge of feeding the family pet.

By taking a step back and allowing your child to take on more responsibility, you're helping them develop important life skills and building their confidence to become independent adults.

So take a breath, be patient, and give your child the freedom to try, fail, and succeed on their own terms.



# Terms of use

We love seeing our resources in action—and want to ensure they're used in ways that honor the creativity and effort behind them.

## For Home & Individual Use

If you're a parent or guardian using our FFPs and Monday Guides with your child at home, you're all set!

### ✅ You may:

- Download and print for personal use within your household
- Share the original resource link with friends or family

### ❌ You may not:

- Use materials in classrooms, therapy, 1-on-1 sessions, or group settings
- Share online (e.g., websites, drives, newsletters, or social media)
- Recreate, edit, or sell any part of our work

## Professional Use Requires a License

If you're using these materials in a professional setting—such as 1-on-1 sessions, classrooms, or with clients/students - [you'll need a GrowthMinded Professional License.](#)

This includes:

- Therapists, educators, coaches, or other professionals
- Printing/emailing materials for sessions or group work
- Internal sharing within clinics, schools, or organizations

To upgrade, email us at [support@biglifejournal.com](mailto:support@biglifejournal.com)

Thanks for respecting our work and helping us spread its impact!  
– The Big Life Journal Team

GrowthMinded a new membership by Big Life Journal, an award-winning company that is trusted by over 1 million parents, educators, and therapists worldwide.

## What's Inside

Science-based **parenting tools and top resources** tailored for ages 5 through teen

### Masterclasses and Workshops

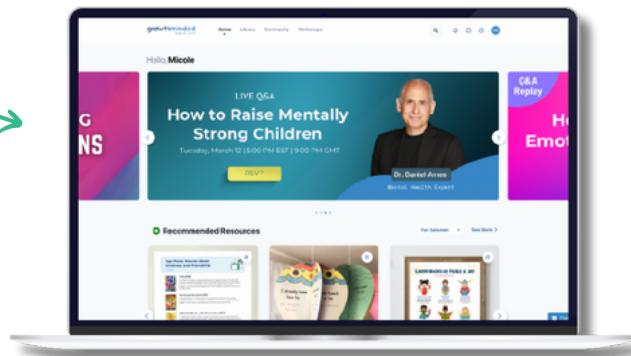
Learn from the **top experts** in parenting and child development.

### Community Support

Ask our **parenting experts** a question and get advice from **like-minded** parents.

### Resources for Children

Explore activities, posters, and crafts **tailored for each age group.**



### Expert Q&As

Get valuable **advice** from renowned experts on your most pressing questions.

### Essential Tools for Parents

Get **fast results** with 2-minute parenting tips, talking scripts, and one-page guides.

### Support from our certified parenting coaches

Get 1:1 **personalized support** from your certified parenting coach. Join our live group **coaching sessions** led by one of our coaches.



"GrowthMinded is my one-stop shop for all things parenting! I'm always learning something. I appreciate how I can search for specific resources by topic and age. This is important to me. As a homeschool parent, I absolutely recommend GrowthMinded."

-Sarah N.

[LEARN MORE](#)