

November 2005

Topic:

**Encourage Autonomy**

**1. Don't do for a child what they can do for themselves.**

Write a job description for yourself, and your child.

**2. Let children make choices.**

Give them some positive power over themselves.

**3. Ask 'what' and 'how' questions, instead of solving and managing.**

"What have you got left to do before story time?"

**4. Give your child ways to contribute around the home.**

Let them experience the good feeling of doing for others, while getting competent!

**5. Take time for training.**

"Let me show you how we fill the dishwasher."

**6. Establish routines**

Gives the child a framework and the ability to anticipate.

**7. Show respect for a child's struggle.**

"A jar can be hard to open. Sometimes it helps if you tap the side of the lid with a spoon."

**8. Don't ask too many questions.**

"Glad to see you. How about a hug." Tell them about your day.

**9. Encourage children to use sources outside of the home.**

"Maybe the pet shop owner would have a suggestion. Why don't you give him a call?"

**10. Don't take away hope.**

"So you are thinking of trying out for the play! That should be an experience."

Acknowledgement: "How to Talk So Kids Will Listen & Listen So Kids Will Talk", by Adele Faber and Elaine Mazlish; Dr. R. Dreikurs

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