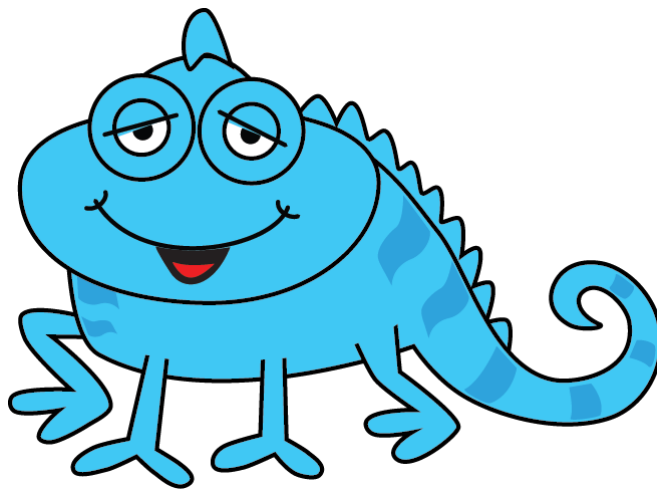


I Can Do It Myself!

Encouraging Self-Regulation and Independence



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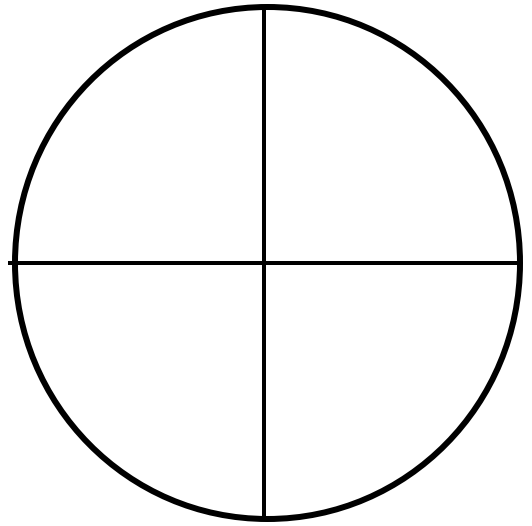
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Why Independence?



Circle of Courage

Parent Traps

Rescuing

Here, let me do that for you.
Tell a teacher next time.

Punishments/Rewards

If you don't ____, I will ____ .
If you will ____, I will ____ .

Obedience

Because I said so.

Blame

What did he do...
Did she ...?

DEPENDENCE

To

INDEPENDENCE

To

INTERDEPENDENCE

Literature

- Come Along, Daisy
- Joshua Disobeys
- Miss Nelson is Missing
- Mean Soup
- I Can Do It Myself
- No Jumping on the Bed
- Pig Pig Grows Up

Independence in All Areas...

Life Skills (taking care of basic needs)

- Provide a strong routine.
- Give students responsibilities. (JOBS)
- Promote independent activities. (shoe tying, etc.)

Learning Skills (success at school)

- Provide home “fun” activities to get parents involved..
- Encourage “self-initiated, self-directed” activities.”

Social Skills (interacting with others)

- Encourage social interaction in different settings.
- Help students work through their problems – Don’ t RESCUE.

Emotional Skills (regulating/expressing feelings)

- Label and express emotions – empathize, don’ t sympathize.
- Allow for appropriate expression of all emotions.
- Modeling of healthy emotions by adults is critical.

Behavioral Skills (making good choices)

- Provide structure and learning opportunities.
- Allow children to learn from their choices.
- Give more encouragement and less rewards.

Do more things WITH the children and less things TO them.

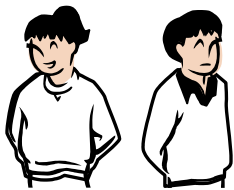
HELP Form

My name is _____.

I am having a problem with _____.

This is the problem:

I tried:



Ignoring

and



Using my words

How bad is it?



How Independent is Your Child?

Rate your child at each task using the following scale:

- 3 points** My child usually carries out this task independently.
2 point My child usually carries out this task if given a prompt or little help.
1 points My child will carry out this task, but needs several prompts or much help.
0 points My child is not given the opportunity or does not carry out this task independently.

Life Skills

- ___ takes a bath
___ brushes teeth
___ goes to bed
___ makes bed when getting up
___ picks out clothes to wear
___ has independent restroom behaviors (shuts door / washes hands)
___ gets a snack
___ fixes a meal occasionally (PB&J, Cereal)
___ straightens bedroom
___ confines toys to certain area
___ puts dirty clothes in hamper
___ puts clean clothes away
___ dresses self
___ ties shoes
___ puts shoes in a specific spot
___ puts jacket in a specific spot
___ has / completes chores

Learning Skills

- ___ puts tote bag / backpack in a specific spot
___ gets and carries tote bag / backpack to school
___ reads / looks at books each day
___ chooses self-directed independent activities
___ is able to entertain self
___ will complete “homework”

Social Skills

- ___ will separate from parents
- ___ will introduce self to peers/adults appropriately
- ___ initiates play interaction with peers
- ___ interacts / plays appropriately with peers
- ___ is able to “join in” play with less familiar peers
- ___ uses words / solves problems independently
- ___ respects personal space of others

Emotional Skills

- ___ regulates emotions appropriately
- ___ is able to self soothe when upset / frustrated
- ___ demonstrates appropriate emotions for the situation

Behavioral Skills

- ___ makes good choices
- ___ follows directions
- ___ accepts criticism / “No” for an answer
- ___ accepts responsibility for actions
- ___ accepts consequences of actions
- ___ regulates behavior without constant reinforcement

Bonus Category **Add 1 bonus point for each mastered skill
(total of 3 possible points)**

Money Skills

- ___ understands money is earned
- ___ has opportunity to EARN money
- ___ makes some spending decisions

___ **TOTAL POINTS**

89-120 points

Your child is well on the way to demonstrating a healthy sense of independence in a variety of developmental areas.

0-89 points

Continue to look for ways to encourage your child to independently carry out tasks in a variety of areas.