Dear Parents and/or Guardians,

Building independence in toddlers is a crucial aspect of their development that sets the foundation for lifelong skills and self-confidence. As your child grows, encouraging them to accomplish small tasks independently fosters a sense of autonomy and self-reliance. Simple activities like dressing themselves, tidying up, or using the toilet independently not only contribute to their physical capabilities but also enhance cognitive and emotional growth. By allowing toddlers to take on age-appropriate challenges, you are nurturing their problem-solving abilities and decision-making skills. As they achieve small victories, their self-esteem soars, instilling a positive attitude towards learning and exploration. Embracing independence in your child's early years empowers them to face challenges with resilience and adaptability, forming the building blocks for a successful and well-rounded future.

Best regards,

Miss Kara

☐ 1. Toilet Independence:

- ☐ Communicates the need to use the toilet.
- ☐ Can pull down and pull up pants independently.
- ☐ Attempts to wipe or clean after using the toilet (may need assistance).
- ☐ Washes hands with some assistance.

☐ 2. Handwashing:

- ☐ Begins to wash hands independently with soap and water.

- ☐ Understands the importance of handwashing before meals and after using the bathroom.

☐ 3. Dressing Skills:

- ☐ Is able to put on shirts.

- ☐ Is able to put on pants.

- ☐ Is able to put on socks.

May still need assistance with more complex clothing items like buttons or zippers.

☐ 4. Eating Skills:

- ☐ Feeds themselves with a spoon and fork.

- ☐ Can drink from a regular cup (may spill occasionally).

- ☐ Begins to learn table manners like using napkins and not talking with their mouth full.

☐ 5. Tidying Up:

- ☐ Understands the concept of cleaning up toys and materials after playtime.

- ☐ Begins to participate in tidying up activities with guidance.

☐ 6. Putting on Shoes and Coats:

- ☐ Is able to put on and take off shoes and coats independently.

- ☐ May still need some assistance with zippers and fastenings.

☐ 7. Communication Skills:

- ☐ Can express basic needs and wants verbally.
- ☐ Tries to use words to describe feelings or emotions.

☐ 8. Social Skills:

- ☐ Begins to share toys and take turns during playtime.
- ☐ Demonstrates basic cooperation with peers.

☐ 9. Coping Skills:

- ☐ Attempts to manage simple emotional challenges, such as frustration or disappointment.
- ☐ May need guidance and support from teachers in regulating emotions.

☐ 10. Following Simple Instructions:

- ☐ Listens and follows basic instructions given by teachers and caregivers.
- ☐ Begins to understand and follow simple rules in the home and classroom.