



# Building Responsibility and Independence at Home

## Resource List

**[Castleoneillconsulting.com](http://Castleoneillconsulting.com)** - Parenting & School Coach

**[Growing Hope Newsletter](#)**

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### **From the Presentation Slides**

What is the adult's role in giving children opportunities to practice independence and responsibility?

1. Notice
2. Design the opportunity
3. Training and set boundaries
4. Give the child space to practice

Message adult hopes to send -

1. I believe in your ability to figure this out
2. You are capable
3. You can do things that feel uncomfortable

Mindset we hope the child will develop -

1. I am capable
2. I can handle new and unexpected experiences
3. I can do hard things

What would you like to do about that? An empowering response to a child who feels wronged

### **Articles**

[Want to Raise more Successful \(and Happier\) Kids? Harvard Research says Give Them More Chores](#) - Jeff Haden, Inc.

[Let Them Muscle Through](#) - Castle O'Neill, Growing Hope Newsletter

[Lighthouse Parents Have More Confident Kids. Sometimes, the best thing a parent can do is nothing at all](#) - Russell Shaw, The Atlantic

### **Research**

[Dynamic spread of happiness in a large social network: longitudinal analysis over 20 years in the Framingham Heart Study](#) - *Multi-Generational Heart Study* - Harvard  
[Associations Between Household Chores and Childhood Self-Competency](#) - *Journal of Developmental & Behavioral Pediatrics*

### **Helpful People to Follow**

<https://www.janetlansbury.com/>

<https://www.themontessorinotebook.com/>

<https://www.skmontessori.com/>

### **Adult Books**

[Brain-Body Parenting](#), Dr Mona Delahooke  
[Kids in the Kitchen](#)

### **Children's Books**

<https://www.storey.com/books/i-did-it-myself/>

<https://www.storey.com/books/i-help-at-home/>

### **Tools & Techniques -**

<https://www.forsmallhands.com/cleaning-up>

[Montessori Learning Tower](#)

[Help Your Child to Sleep Alone](#) - The Sleep Game, Dr Eli Lebowitz

