



Supporting Your Child in Performing Age-Appropriate Tasks



Life experiences can equip your child with the skills, mindset, independence and confidence needed to thrive on their own.

You can intentionally create a nurturing and empowering environment that is safe and conducive for your child to try new things and learn from setbacks.

✓ Things You Can Do



1 Involve your child in selecting and scheduling activities for the family (e.g. planning meals or doing grocery shopping). When your child is ready, encourage them to plan these activities independently.



2 Give your child opportunities to make age-appropriate decisions.

- For younger children, this could be found in day-to-day matters like what to eat or what co-curricular activity to join.
- For older children, this could involve more important decisions in areas such as careers or relationships.



3 Involve your child in household chores.

- Show your child how to do the chores properly, then do it together with them. Finally, encourage your child to try doing it on their own.
- Allow your child to make mistakes and learn from them.
- Affirm your child's progress while they are doing the chores, instead of only after they have completed them.

○ Things You Can Say

1 Affirm your child's efforts and encourage them to try again if they fail.

It was nice of you to help me cook. I know the chicken was a little charred, but it's okay. Let's try again next week. What changes shall we make to the cooking process?

2 Express concerns in an open and respectful way. Let your child know that you trust their judgement.

While I don't think that you should leave your pieces of homework till the last week of the holidays, I trust that you have planned enough time to complete them.