

Fostering Independence in the Age of the Pandemic

NOW IS THE TIME TO DEVELOP ESSENTIAL LIFE SKILLS IN A SAFE AND SECURE ENVIRONMENT – YOUR OWN HOME!

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Disability or Difference?

FOR A FAIR SELECTION EVERYBODY HAS TO TAKE THE SAME EXAM! PLEASE CLIMB THAT TREE

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Toddlers want to *do things* by themselves

Elementary-age children want to *think* for themselves.

Adolescents seek both *physical and social independence*

Developmental stages

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Practical Life Skills

Functional independence comes from developing practical life skills

"Never help a child with a task at which he feels he can succeed." – Maria Montessori

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Practical Life Skills

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"If you want children to keep their feet on the ground, put some responsibility on their shoulders." Abigail van Buren

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Teaching children to do things for themselves will help them to:

- Develop a sense of purpose and self-motivation
- Build self-sufficiency and self-esteem
- Develop a confidence they will carry all their lives
- Take responsibility for their learning

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Functional Independence

Elementary age children like to come up with their own way of doing things (which might not be the same as yours!)

Let toddlers feed themselves, even if they are messy!

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Functional Independence

Middle School
Learning should be linked to everyday living skills; self-esteem building

High School
College readiness based on child's independence
Learning from mistakes; natural consequences

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WE'RE TRYING TO RECONCILE HER NEED FOR INDEPENDENCE WITH OUR ABILITY TO RUN HER LIFE BETTER THAN SHE DOES.

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Essential Life Skills by High School Age

- Waking up
- Medications
- Money Management
- Laundry
- Cooking

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Positive Outcomes

Give children (limited) choices

Remember: Mom doesn't need to do everything!

Here are this week's chores: who wants to do this one?

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