

Expert Speaks: Importance of Fostering Independence in Children

By Maria Santamaria, CEO of Diya Foundation



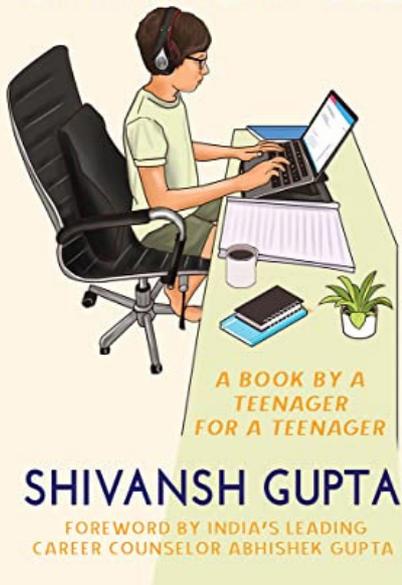
As parents, it is natural to want the best for our children and to protect them from any hardships or difficulties they may face. However, it is equally important to recognize the value of instilling independence in our kids from a young age. By encouraging independence, we empower them with essential life skills and prepare them for the challenges they will encounter in the future. Fostering independence in children helps to develop their self-confidence and self-esteem. When kids are given the opportunity to take on tasks and responsibilities on their own, they gain a sense of accomplishment and learn to believe in their abilities, boosting their self-esteem and encouraging them to take on new challenges with enthusiasm and resilience.

Independence also nurtures problem-solving skills and critical thinking abilities. When children are encouraged to think for themselves and make decisions, they develop important cognitive skills. They learn to analyse situations, weigh different options, and make choices based on their own judgement. This empowers them to find solutions to problems, think creatively, and adapt to new situations. It fosters a strong sense of responsibility. By entrusting children with age-appropriate tasks and chores, parents teach them the importance of accountability and taking care of their own responsibilities. When kids realise that their actions have consequences, they learn to be accountable for their choices and develop a sense of responsibility towards themselves and others.

Additionally, independence equips children with practical life skills that are essential for their future success. Whether it's managing their own pocket money, cooking a meal, or doing household chores, these skills are invaluable in adulthood. By teaching children these skills early on, parents prepare them for the realities of life and empower them to become self-reliant individuals. These things are true for all children even those with disabilities.

Book Recommendations

13 Life Lessons
BY A 13 YEAR OLD



13 Life Lessons by a 13 Year Old by Shivansh Gupta

Meet Shivansh Gupta (a highly motivated and successful teenager) penning down 13 life lessons he has learnt and is now wanting to share with his teenager friends in the world. He is not only sharing this thoughts but also explains how every teen can use these lessons in their middle and high school journey. This book is his attempt to change the way teenagers see themselves and the way they look at others.

Positively Teenage by Nicola Morgan

Positively Teenage states that it will show you how 'to get the best out of your teenage years'. It is easy to read with well-spaced text broken up by sub-headings, the use of bold font and capitals, bullet points and resource lists. There are six sections each covering a different aspect of teenage life including: what makes you unique; having a positive attitude; healthy bodies (food, exercise and sleep); using your brain; friendships and people; and nurturing a positive mood.

