

Building Responsibility

Primary Objectives

1b. Follows limits and expectations

Why It's Important

Once you have taught your child how to follow a simple routine, it is important to sit back and observe how much of the routine he has internalized. For example, resist the urge to remind him how to get ready for bed. Instead, observe how he brushes his teeth, puts on his pajamas, and chooses a book for you to read to him. He will want to show you all that he knows.

Materials

None

What You Do

1. Children love to help and be independent. Allowing your child to help clean up after a meal or snack is one way to foster in him a sense of responsibility and independence.
2. If this is a new chore at home, remind your child to do it for the first few times. Then, see how long it takes before he begins to do it without being asked. With family members modeling this routine around him, he should understand and follow it without prompting.
3. Think of other routines at home when you can encourage your child to be more independent. He should eventually be able to follow certain routines or responsibilities without verbal or visual reminders from you.
4. Take opportunities throughout the day to talk with your child about daily routines. *How do we get ready to go outside? What do we do at mealtimes? How do we get ready for bed?*
5. Acknowledge your child's efforts and achievements as he attends to routines with little or no assistance.