

# THE Counseling CONNECTION

St. Hilary School

Mrs. Eldred and Mrs. Parisi

## The Importance of Independence for Children

It is extremely important for children to be more independent. By practicing independence they will grow into authentic, more autonomous people who are confident in their abilities. Furthermore, they will feel competent to make independent choices, live authentic lives, and face life's challenges by relying on their own strengths and capabilities.

### Reasons to Encourage Your Child's Independence

1. Builds confidence
2. Builds tolerance for frustration
3. Gives them a voice
4. Gain life skills
5. Strengthens responsibility
6. Learn the skill of decision-making
7. Builds their resilience
8. Motivates them to overcome fears
9. Satisfies their intrinsic desire to become more independent

## April's Focus:

### The Importance of Independence for Children

[https://joannabel.com/why-it-is-important-f  
or-a-child-to-be-independent](https://joannabel.com/why-it-is-important-for-a-child-to-be-independent)



**It is not what you do for  
your children,  
but what you have taught  
them to do for themselves,  
that will make them  
successful human beings.**

**Ann Landers**

**April's Focus:**

**The Importance of  
Independence for Children**

