

Ways to Teach your Child to be Independent

Partially adapted from Merrilee Boyack in her book "Teaching Your Children to Fly"

Age 1

Hold own bottle
Eat finger foods
Play on own
Use a spoon
Teach hi/bye
Learn to walk

Age 2

Use a fork
Drink from a cup
Help getting dressed
Put away toys
Water plants
Learn to kick ball

Age 3

Dress self
Toilet trained
Brush teeth
Yes Ma'am/Sir
Personal vitals (b-day/age)
Graph the weather

Age 4

Make their bed
Make own sandwiches
Floss teeth
Learn proper manners
Get allowance
Clean own room

Age 5

Vacuum
Take out garbage
Set and clean table
Outfit matching
Know phone/address
Learn 911

Age 6

Take shower
Dusting
Laundry
Call/Answer phones
Keep a calendar
Do homework

Age 7

Wash dishes
Savings account
Read with comprehension
Get up on own with alarm
Clean toilets
Help pull weeds

Age 8

Care for pet
Set personal goals
Bake a cake mix
How to build a fire
Join a group or sport
Have a sleep over

Age 9

Mop floors
Learn first aid
Wash car
Hammer nails
Fill car with gas
Maintain journal

Age 10

Use a pay phone
Wrap presents
Clean stove/oven
Rent online movie
Learn how to sew
Write letters/Email

Age 11

Begin meal planning
Babysitting class
Learn how to iron
Mow lawn
Clean out closet/drawers
Sex Talk (puberty)

Age 12

Read newspaper
Check fluids in car
Public speaking
Paint the walls in house
Learn how to research
Clean out and in of car

Age 13

Plan a party
Take a cooking class
Grocery plan/shop
Use ATM machine
Type without looking
Put on a talent show

Age 14

Use debit card
Change flat tire
Design something
Small house repairs
Personal defense
Attend movies alone

Age 15

Driver's Permit/Practice
Follow assembly instructions
Career and Collage prep
Write a speech and give it
Use eBay to sell something
Manage a budget

Age 16

Get license & insurance
Discuss peer pressures
Cell phone & pay for it
Learn writing a check
Get checking account
Balance a check book

Age 17 & 18

Focus on school
Get a job
College prep
Begin designing resume
Be involved in community
Babysitting

Help your parents around the house or with errands
Officially prepared to take on the "real world"