



# FOSTER THE AUTONOMY OF YOUR CHILD



la fabrique à bonheurs  
Académie de la Psychopédagogie Positive

Allagi

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## TIPS AND RECOMMENDATIONS

**GIVE SUITABLE CHOICES  
BASED ON THEIR AGE**

**1**

**VALUE EFFORT  
RATHER THAN THE  
RESULT**

**2**

**USE POSITIVE AND  
PROGRESSIVE  
ENCOURAGEMENTS**

**5**

**INVOLVE THEM IN  
DAILY TASKS**

**3**

**4**

**ENCOURAGE PROBLEM  
SOLVING**





## ENCOURAGE PROBLEM SOLVING



Instead of giving an immediate solution, guide your child to find the answer themselves.

**Situation:** Your child can't find their favorite toy.

**Phrase to use:** "Where do you think it might be? Do you remember the last time you played with it? Do you want to look together in your room?"

**Why:** It helps them develop their ability to think and handle small challenges.

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## GIVE CHOICES APPROPRIATE FOR THEIR AGE



Offer your child the opportunity to decide in simple situations.  
This gives them a sense of control while learning to make choices.

**Situation :** Your child gets dressed in the morning.

**Phrase to use :** “Do you prefer to wear your blue pants or your black jeans today?”

**Why :** This reduces conflicts while encouraging decision-making.



## VALUE EFFORT RATHER THAN THE RESULT



Encourage your child to keep trying, even if the result isn't perfect. This builds confidence and resilience.

**Situation :** Your child is trying to put on their shoes by themselves but mixes up the feet.

**Phrase to use :** “Good job trying on your own! Do you want us to check together how to put them on the right way?”

**Why :** By valuing effort, you motivate your child to keep trying.



## USE POSITIVE AND PROGRESSIVE ENCOURAGEMENTS



Highlight their progress and motivate them to keep learning new skills.

**Situation:** Your child is learning to tie their shoelaces.

**Phrase to use:** “You’ve already done the first loop really well! Great job. With a little practice, you’ll be able to finish it.”

**Why:** Gradual encouragement helps them stay motivated and confident, and teaches them that it’s normal not to get it right the first time.

**Bonus:** Adopt an inspiring phrase:

“You don’t know how to do it yet, but you’re going to learn!”

This positive phrase fosters a growth mindset and shows your child that it’s okay to progress at their own pace.



## INVOLVE THEM IN DAILY TASKS



Give your child age-appropriate responsibilities. This strengthens their sense of competence.

**Situation:** Preparing a meal or tidying up.

**Phrase to use:** “I need your help for just five minutes. Can you put the cutlery on the table? I’ll show you where it goes.”

**Why:** Taking part in family tasks gives children an active role at home – and it helps you too!



The Montessori Method  
by Maria Montessori



Free-Range Kids



How to Raise Kids Who  
Can Solve Problems on  
Their Own by Julie  
Lythcott-Haims



*The Parenting Science  
Guide on Autonomy and  
Independence*



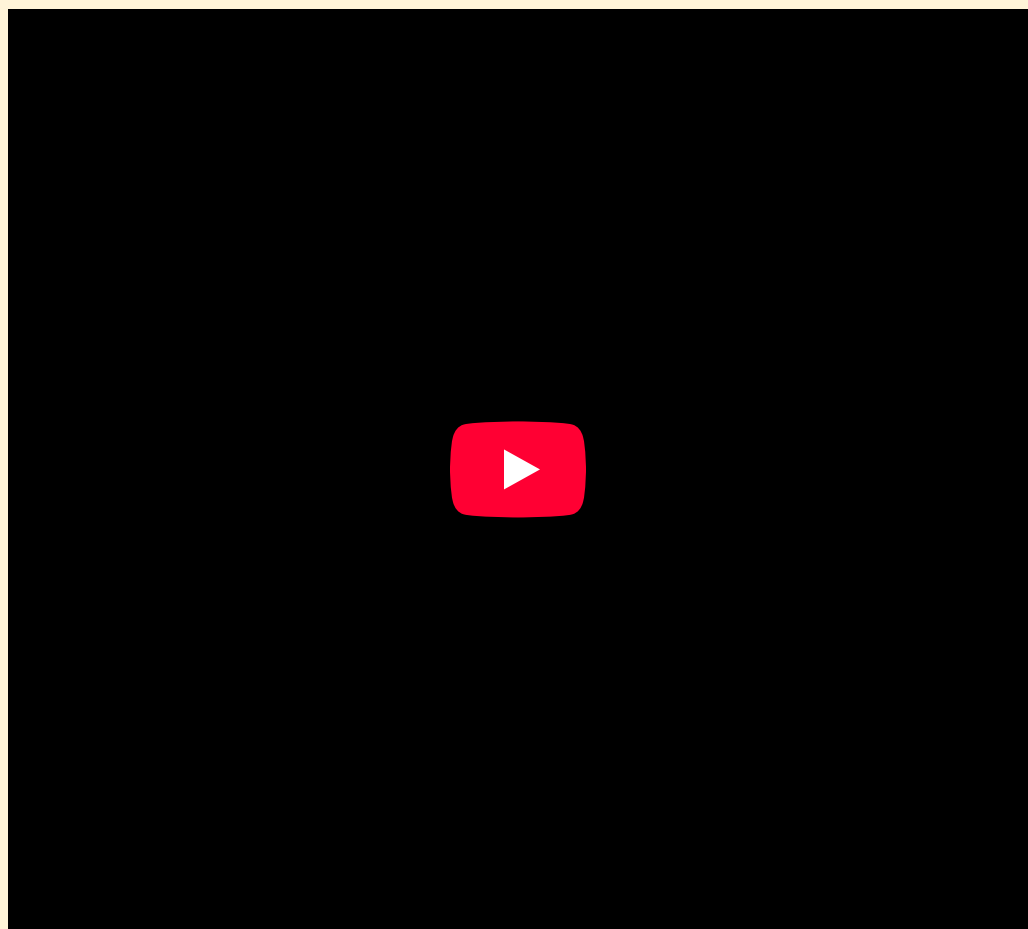


## THE MONTESSORI METHOD BY MARIA MONTESSORI

**Summary:** In this classic text, Maria Montessori outlines her educational approach, emphasizing the importance of independence, choice, and self-directed learning for children.

**Why it's helpful:** Montessori's philosophy provides deep insights into creating environments that foster autonomy in children from an early age. It is especially useful for parents who want to create a supportive and independent environment at home.





## HOW TO RAISE KIDS WHO CAN SOLVE PROBLEMS ON THEIR OWN BY JULIE LYTHCOTT-HAIMS

**Summary:** Julie Lythcott-Haims, former dean at Stanford University, discusses the importance of letting children face challenges on their own. She highlights how overprotective parenting can stifle autonomy and offers tips for raising self-reliant children.

**Why it's helpful:** Lythcott-Haims emphasizes the importance of stepping back as parents, letting children tackle problems on their own, and taking risks to help them grow into autonomous individuals.





## THE PARENTING SCIENCE GUIDE ON AUTONOMY AND INDEPENDENCE

**Summary:** This section of the Parenting Science website explores the research behind autonomy and independence in children, offering parents evidence-based strategies for promoting these qualities in their kids.

**Why it's helpful:** It provides a scientific foundation for the importance of autonomy, with practical recommendations grounded in psychological research and child development principles.



## FREE-RANGE KIDS

**Summary:** Created by Lenore Skenazy, this site promotes the concept of allowing children to take more risks and responsibilities in their daily lives, helping them build autonomy and self-confidence.

**Why it's helpful:** It advocates for a more hands-off approach to parenting that allows children to become more independent by experiencing the world on their own terms. The website provides resources, articles, and community discussions about raising self-sufficient kids.

