

Parent Resource

Making Choices: The Importance of Developing Autonomy in Young Children

As young children grow from infants to toddlers, they are building their sense of self-identity and their understanding of their capabilities and self-worth. Additionally, young children are learning the basic skills of communication and self-expression and frustration may come when attempts at developing autonomy are coupled with an inability to express themselves and be understood. Parents and teachers can help young children make age-appropriate choices that help children develop the ability to make thoughtful decisions and express themselves in appropriate ways by providing children the opportunities to make simple choices, whether it's reading one book or two at bedtime or continuing play for one minute or two before washing hands for lunch. Encouraging children to make choices helps them to develop their sense of control over some decisions in their lives. This is a very hard skill to develop, even for adults, so remember to be patient!

Click on the images below to take you to articles from Scholastic and Early Childhood News about the importance of making choices for young children!

