

Often needs help to put bag and coat away

Building independence in the early years creates a path for lifelong learning. Being independent also supports children to develop their own unique personalities. The benefits of being independent for children can include them becoming more decisive, confident, and motivated.

Typical development

3 to 4 year olds will be learning to:	Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips
---------------------------------------	--

How can practitioners support building children's independence?

- Do you encourage all children to place coats on when going outside or home?
- Do you support children to the last steps, such as pulling up their zip after you have started it off?
- Practitioners to gradually reduce your help until the child can do each step on their own
- Do you provide dolls clothes on the role play area to allow children to practice these skills?
- Do you speak to parents about practicing these skill in the home?

Useful resources

- <https://www.nhsggc.org.uk/kids/resources/ot-activityinformation-sheets/putting-on-and-taking-off-a-jacket-information-sheet/>
- <https://www.nhsggc.org.uk/kids/putting-on-and-taking-off-a-jacket-information-sheet/>
- <https://help-for-early-years-providers.education.gov.uk/physical-development>