



## *Year 4 Video Scripts - Invitation to Independence*

### **Why...**

How does it feel to have a preschooler? That's what your child is now. This year of their life seems to be centered around preparing them to start school. It is a strange feeling to know that this child who has been totally dependent on you for their entire life is about to head out on their own. Now, before you panic and lock them in their room and decide to keep them home forever, we want to assure you that it will be okay. This is such an exciting time for a child and we want to help you to prepare them the best you can.

So, how do you help your child get ready for school when it seems like some days they barely function by themselves? One thing I've realized is that kids this age thrive when given some independence. They love it. I'm not saying get them ready to be on their own, start small. We have three kick starters for you to help you give your child independence. You want them to succeed at school and it's up to you to prepare them for what lies ahead. The areas we are concentrating on are: independence at home, with friends and with themselves.

Giving your child some responsibility at home can show them that not only you believe in what they can do, but it will give them a sense of accomplishment and pride in themselves. We have tried to teach them how to be a good friend, but they also need to know who is being a good friend to them. Children also need to know how and when

to stand up for themselves and you want them to feel confident to be able to do that. I know you may want them to stay your baby forever, but they need to be able to do somethings by themselves. You don't want them to have to go through life with you tying their shoes and opening their lunch for them! Help them by giving them personal independence.

This can be just as big a step for you as it is for them. Growing up is hard for parents too, but I promise, it's for their and your own good. We want them to have a great foundation to build on and help them to be prepared for the challenges that they will face on their own. Let them know that you believe in them. Show them that they are capable and they will be.

### **How...**

An independent child. Does that thought make you excited or scare you to death? Maybe a little of both. Starting school is a big step and these days there is more pressure and expectations on our kids than ever before. It is up to us as parents to prepare our children and to teach them how to be the best they can be.

The kick starters led you through three areas of independence. They were independence at home, with friends and with themselves. Keep in mind that not all children are alike and some will shine in some areas and have



trouble in others. You may have a child who excels at jobs at home but who struggles with other children in social settings. That's just fine. Some things will come more natural to them than others, that's just who they are. Help them to set goals for themselves that are attainable but still create an opportunity for growth.

Your child needs and deserves encouragement...this is a big deal! We want to help you celebrate your child's independence, and the rite of passage will give you ideas to do just that. Give your child a gift that shows them you are excited for their new journey of starting school. That gift could be any item that they can take to school with them. Maybe it's their new backpack or perhaps their lunchbox. Take this opportunity to show your child how much you believe in them!

Think about the last time you were encouraged by someone who means a lot to you. An inspiring word can change your entire outlook. Your loved ones and friends can send messages to your child through you by text messages or emails. How excited will your kid be to get "mail" and messages from people they care about?

You have spent the first years of their lives watching them grow and helping them learn who they are. Now that they are getting ready to start a new stage, we want them to feel encouraged and equipped. Raising an independent child may be hard to do, but you are giving them a gift. They may only use that lunchbox for a little while, but independence is something they will carry with them for a lifetime.