

Building Independence



Building opportunities for independence and allowing a flexible schedule can help reduce anxiety. Ways to build independence at home:

- Include your child in making parts of a daily schedule
- Have your child reward themselves for completed work

How can I help my child become more independent at home?

1. Work with your child and the IEP team to make a plan. It should take no more than 15 minutes.
2. Write down the schedule with space to check if it is done.

Schedule	Daily Activities	✓ Check when done
9:15	Attend Morning meeting / Live Class	
9:40	Attend Math / Live Class	

3. If there are regular goals or skills that are done each day, you can add them to the schedule.

Schedule	Daily Activities	✓ Check when done
9:15	Attend Morning meeting / Live Class <ul style="list-style-type: none"> • Say hi to your friends • Listen to the teacher 	
9:40	Attend Math / Live Class <ul style="list-style-type: none"> • Listen to the lesson • Complete practice activity 	

4. Ask the IEP team if it would be helpful to have your child meet with a teacher first thing each morning. They can work together to make a goal and reward for the day.

Goal: I will have five check marks today

Reward: I will get to have 15 minutes of extra free time during school

Adapted from: Reyes, E. (2020). Self-determined schedule making (DL #7). TIES Center.