

January's topic is focused on promoting independence.

These tips can be helpful in providing your son or daughter practice opportunities in order to build skills and develop a sense of accountability and responsibility.

Ways to Promote Independence

- **Encourage independence and accountability by finding opportunities for your son or daughter to take initiative to learn how to become more of an active participant in the following:**
 - **Everyday tasks**: Setting the table, calling for take-out or an appointment, being involved in house chores, meal-prep and clean up
 - **Setting alarms, waking up, morning routine**: Have your son or daughter set their own alarm to respond to and begin with morning routine vs. someone waking them up and telling them to do so, encourage steps for your son or daughter to follow a morning routine (waking up, checking weather for appropriate clothing, hygienic practices, breakfast, etc.)
 - **Add events to calendar, who they went with, activity**: Encourage your son or daughter to add upcoming events and activities to their calendar on their phone or in a planner. Encourage adding important information regarding the event in order to help with recall of the event and people they were with
 - **Being prepared, having items needed to start the day**: charged phone, pen/pencil, purse/wallet/money/ID, etc.
 - **Technology**: Encourage your son or daughter to monitor battery life of devices (phone/tablet, etc.). If she or he needs help, encourage them to notify someone to get help with it