

## Way to Measure Your Child's Progress Towards Independence and Developing Resilience

*You know your child is maturing towards independence when they are beginning to meet the milestones below. Remember, growth and change will be slow. Look for very small increments of change that are developmentally appropriate for the age of your child. Look for clues in each of these milestones for ways to challenge your child, give them responsibility, create a bit of discomfort and then using collaborative problem solving, mentor them to success instead of using shame and guilt.*

**I am** (Self-Awareness) – insight, knowledge of personal strengths/weaknesses, knowledge around how they think, remember and solve problems, Ability to anticipate personal needs and plan accordingly.

**I do** (Self-management) – Daily living skills/Hygiene, Executive functioning skills like planning/problem solving/decision making, self-management (technology, responsibilities etc.), emotional regulation.

**I can** (Industrious mindset) – self-determination, accountability, internal locus of control, self-efficacy, opposite of learned helplessness and externalizing blame. They believe that they “can handle it”!

**I will** (Resilience) – grit, flexibility, distress tolerance, capacity to delay gratification, goal directed persistence.

**I relate** (Social Skills) – communication skills, self-advocacy, conflict resolution skills, ability to cultivate and utilize social supports

**I'm here** (Engagement) – attending, participating, arriving prepared.