



ARTICLE

## Nurturing an independent toddler

**Here are some tips on how to support your child emotionally while they learn to be independent.**

**2 mins read**

Your growing toddler is now turning into an independent kid. Your kid requires your support and emotional encouragement the most during this time for his/her growth and development. Explore these tips and techniques to help with your toddler's budding independence:

**Encourage independent playtime-** Leave your kids with their favorite toys and let them have an independent playtime. Also, ensure you keep them in a safe environment, while you nurture their independence.



**Let your toddler bathe independently-** Train your kids to wash themselves independently. However, make sure you don't leave your toddler alone in the bathroom.

**Let your child eat independently-** Ensure [healthy eating habits for your kids](#). Let them pick and place food in their mouth all by themselves. Encourage your toddler to use the spoon for eating food independently. Do make your child wear a bib or place a spill cloth on the table. Also, provide a damp cloth to your kid to help them wipe off their mouth post eating. Do make sure you are always around to keep an eye on them.

**Train your kid to drink out of a cup-** Although your toddler might refuse to use the cup, you must slowly and gradually encourage them to use a cup for drinking milk and water. This will help your kids become independent.

**Do not push them beyond their abilities-** Let your toddlers flourish with their own capabilities and limits. Don't force them to go beyond what they can or what they want to do.

As a parent, you want to do what's right for your kid. The above points will help you raise an independent toddler, by letting them explore the world in their own way!