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!