

Growing Up checklist

One way to check out how well we are helping our children learn to become capable and independent is to talk through this list with them, and find out what they are ready to learn. If necessary, show them what to do – and then let them do it! It isn't only the skill they gain – they also learn to take responsibility for the task. Only step in if their failure to do something is harmful, such as a pet suffering because it hasn't been fed. If you agree with a teenager that he's responsible for his own washing, and he discovers at the last minute that his favourite shirt isn't clean for a party, that's his problem, not yours.

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| <input type="checkbox"/> Making the bed | <input type="checkbox"/> Crossing road without holding hands |
| <input type="checkbox"/> Tidying bedroom | <input type="checkbox"/> Crossing road alone |
| <input type="checkbox"/> Choosing clothes | <input type="checkbox"/> Doing homework unsupervised |
| <input type="checkbox"/> Dressing | <input type="checkbox"/> Going to the local shop |
| <input type="checkbox"/> Tying shoelaces | <input type="checkbox"/> Making phone calls |
| <input type="checkbox"/> Tidying up toys | <input type="checkbox"/> Making appointments (doctor, etc.) |
| <input type="checkbox"/> Getting up in time | <input type="checkbox"/> Choosing TV programmes/DVDs |
| <input type="checkbox"/> Making school lunches | <input type="checkbox"/> Cleaning the car |
| <input type="checkbox"/> Getting breakfast | <input type="checkbox"/> Navigating on journeys |
| <input type="checkbox"/> Making tea, toast | <input type="checkbox"/> Organising time for homework/fun |
| <input type="checkbox"/> Cooking, washing up | <input type="checkbox"/> Painting and decorating |
| <input type="checkbox"/> Washing face, brushing teeth | <input type="checkbox"/> Gardening |
| <input type="checkbox"/> Having a bath on your own | <input type="checkbox"/> Mending bicycle punctures |
| <input type="checkbox"/> Laying and clearing the table | <input type="checkbox"/> Deciding how to spend pocket money |
| <input type="checkbox"/> Helping with housework | <input type="checkbox"/> Earning money |
| <input type="checkbox"/> Putting away clothes | <input type="checkbox"/> Arranging when to see friends |
| <input type="checkbox"/> Sorting out disagreements | <input type="checkbox"/> Choosing/buying presents |
| <input type="checkbox"/> Feeding/caring for pets | <input type="checkbox"/> Travelling without an adult |
| <input type="checkbox"/> Ironing | <input type="checkbox"/> Having a boyfriend/girlfriend |