AUTONOMY SUPPORTIVE PARENTING

**Quick Tips**

Replace answers to children’s questions with questions that make them do the thinking and explaining:

- **What do you think?**
- **What makes you think that?**
- **Why do you think that is?**
- **How do you know?**

Resist the temptation to step in when your child is struggling. Instead, ask questions that help guide your child through the challenge:

- **Is that working?**
- **What could you try instead?**
- **Have you thought of...?**

Build on Curiosities with excitement:

- **That’s a really cool question!**
- **I wonder... too.**

**Let’s see if we can find out!**

THIS Sounds Like:

My job as your parent is to keep you safe. I can’t keep you safe if you are close to the road. I know you want to explore and be independent, so let’s come up with a solution together. How can I give you independence and also keep you safe?

Take your child’s view and make solutions a joint discussion:

- Share your reasons, come up with solutions together (make some suggestions) and support your child through the challenge (give reminders and hints from time to time).