

THE INDEPENDENCE BUILDER KIT



Tools to Help Your Child
Take Charge of Their Day
(In Their Own Way)

by Vanessa Moyers

HEY THERE, BRAVE MAMA.

THIS PRINTABLE PACK IS DESIGNED TO HELP YOU FOSTER INDEPENDENCE IN A WAY THAT MEETS YOUR CHILD WHERE THEY ARE—WHILE GENTLY STRETCHING THEM TOWARD GREATER SELF-CONFIDENCE. WITH VISUAL ROUTINES, SIMPLE TASK CARDS, AND ACTIONABLE TIPS, YOU'LL HAVE TOOLS THAT EMPOWER YOUR CHILD TO TAKE OWNERSHIP OF THEIR DAY...IN THEIR OWN WAY.



MORNING ROUTINE VISUAL CARDS

Use these routine cards to create a simple sequence your child can follow independently. Print, cut, and laminate (optional) for a DIY visual schedule your child can check off or move as they complete each step.



Make Bed



Use the
Bathroom



Brush Teeth



Wash Face



Get Dressed



Put on Socks
& Shoes



Eat Breakfast



Pack Backpack



Fill Water Bottle



Ready to Go!

BEDTIME ROUTINE VISUAL CARDS

Help your child wind down with predictable steps that promote relaxation and success.



Take Bath or
Shower



Pajamas On



Brush Teeth



Use the
Bathroom



Read 1-2 Books



Snuggle or
Quiet Time



Check Nighlight



Get Tucked In



Say Prayers



Lights Out



TASK CARDS FOR INDEPENDENT SKILLS

These can be used in a task box,
posted near the area where the task is
done, or built into your daily rhythm.

 Clear My Plate

 Sweep or Wipe
Table

 Sort Laundry
(Lights/Darks)

 Match Socks

 Wipe Down
Sink

 Put Books on
Shelf

 Put Toys in Bin

 Help load
dishwasher

 Do my homework

 Check My
Schedule

ENCOURAGING INDEPENDENCE: PRO TIPS

Start Small & Be Patient

Pick one task at a time. Model it, then let them try. Praise effort, not perfection.

Use Visuals Consistently

Keep routine cards visible and review them together. You can use a binder ring, Velcro strips, or a magnetic board.

Offer Choices

Let them choose between two outfits, snacks, or order of tasks. This boosts confidence.

Celebrate Every Win

Use a sticker chart, high fives, or a special dance party when your child completes a routine on their own.

Meet Vanessa — an unfiltered empowerment coach for gaslit ND mamas raising outside-the-box kids. Around here, we ditch the guilt, drop the apologies, and build the confidence you need to advocate like a badass and raise your legend with zero fear.



[@the_mamafesto_method](https://www.instagram.com/the_mamafesto_method)



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You've got **this**, Mama!! I've got **you!**

XO Vanessa XO

