



**SUPER KIDS NURSERY**  
early childhood centre

## **Independence and Self Confidence**

Between the ages of 2.5 and 3.5 years, children begin developing a stronger sense of independence. They start expressing preferences, making simple decisions, and taking pride in accomplishing tasks on their own. At our nursery in Mirdif, Dubai, the Pre FS1 program encourages independence while providing the support children need to feel secure and confident.

Daily routines offer valuable opportunities for children to practice self help skills. Activities such as putting on shoes, washing hands, and tidying up toys help children learn responsibility and develop confidence in their abilities. Educators guide these routines patiently, allowing children time to attempt tasks independently.

Decision making is another important aspect of independence. Children are often given simple choices during the day, such as selecting a book to read, choosing a play activity, or deciding which materials to use for creative projects. These small choices help children develop confidence in their ability to make decisions.

Classroom responsibilities also help children feel capable and involved. Tasks such as helping set up activities, organizing materials, or assisting during clean up time encourage a sense of contribution and teamwork. When children participate in these responsibilities, they begin to feel proud of their role in the classroom environment.

Emotional confidence is equally important. Children at this stage are learning how to express their feelings, communicate needs, and navigate small challenges. Educators support this process by encouraging children to express themselves verbally and by modeling calm and respectful communication.

Encouragement and positive reinforcement play an important role in building self confidence. When children attempt new tasks, educators recognize effort rather than focusing only on outcomes. This approach helps children develop resilience and motivation to try again when faced with challenges.

Parents searching for a nursery in Mirdif often look for programs that support both academic and personal growth. Independence and confidence are essential qualities that help children adapt to new environments and future learning experiences.

At our Dubai nursery, we believe confident children are those who feel capable and supported. By encouraging independence in a nurturing environment, we help children develop the confidence needed to thrive in FS1 and beyond.

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