



Recovery
Alberta



creative sky
PSYCHOLOGY

COMMUNITY EDUCATION SERVICE

Improving emotional health and wellbeing

Raising Independent Kids:

Building Responsibility, Motivation & Life Skills

Presented by: Creative Sky Psychology

Thursday Dec 3 2026

6:30 - 8:00 PM

Participants will learn:

- How responsibility and independence develop at different ages and stages
- Why motivation grows through autonomy, competence, and connection rather than rewards or pressure
- Practical strategies for teaching life skills, decision-making, and age-appropriate responsibility
- How to reduce power struggles while increasing ownership, accountability, and confidence
- Simple, evidence-based routines that help children become more independent, resilient, and prepared for adulthood

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