

Illustrated Card Sets — Quarter 4

Two new topics for Mastery & What's Next, each fully explained before a single card, then a print-and-prop card sequence.

Document 9 of 12

Introduced in Weeks 37 and 41 of your Quarter 4 Roadmap

What Does a "Full Independence Handover" Mean?

Before a single card, let's make sure this idea is completely clear — nothing here is assumed.



WHAT DOES THIS ACTUALLY MEAN?

A full handover means your child starts a whole routine themselves, without being reminded, and carries it through with only occasional, minor help — not necessarily doing it perfectly, but genuinely running it. Think of training wheels coming off a bicycle: not removed all at once, but loosened gradually until one day they're simply not needed.



WHAT IS THE PURPOSE OF DOING THIS?

The purpose is to move a routine from something you run, with your child participating, to something your child runs, with you simply available nearby.



WHAT DO WE HOPE TO ACHIEVE?

We hope your child experiences the real confidence of managing a whole part of their own day independently — a foundation that carries well beyond any single routine.



HOW DOES THIS ACTUALLY HELP THE CHILD?

Systematically fading adult support as a child gains skill is a well-established, evidence-based approach to building lasting independence, rather than dependence on constant guidance ^[1]

JINJA, UGANDA

A mother stopped reminding her son to start his evening wind-down routine, worried it would fall apart entirely. Instead, he noticed the dimming light on his own and went to get his pajamas without being told — the reminder had been unnecessary for weeks, she just hadn't tested it.

The Independence Handover — Cards 1–4



THE INDEPENDENCE HANDOVER
· STEP 1 OF 7

The Independence Handover

Handing a whole routine to your child, one small layer at a time.

Gentle Progress Family · Cut along the dashed line, prop it up



THE INDEPENDENCE HANDOVER
· STEP 2 OF 7

Choose one well-practiced, stable routine.

Why: A handover works best on something already solid, not something still being built.

Gentle Progress Family · Cut along the dashed line, prop it up



THE INDEPENDENCE HANDOVER
· STEP 3 OF 7

Stop reminding your child to start it — wait and watch.

Why: You often can't know if a reminder is still needed until you test what happens without it.

Gentle Progress Family · Cut along the dashed line, prop it up



THE INDEPENDENCE HANDOVER
· STEP 4 OF 7

Use the smallest possible cue if needed, not a full reminder.

Why: A small cue — a glance, one word — bridges the gap between full reminding and true independence.

Gentle Progress Family · Cut along the dashed line, prop it up

The Independence Handover — Cards 5–7



THE INDEPENDENCE HANDOVER · STEP 5 OF 7

Stay physically further away during the routine.

Why: Physical distance is its own kind of fading, separate from what you say.

Gentle Progress Family · Cut along the dashed line, prop it up



THE INDEPENDENCE HANDOVER · STEP 6 OF 7

Notice the one step that still needs you, and focus only there.

Why: Focusing your effort on just the sticking point is more efficient than treating every step equally.

Gentle Progress Family · Cut along the dashed line, prop it up



THE INDEPENDENCE HANDOVER · STEP 7 OF 7

Two mistakes to avoid: handing over a routine that's still shaky, and stepping in too soon when your child pauses to think.

Why: A pause to think is not the same as being stuck — jumping in too fast removes the chance to solve it themselves.

Gentle Progress Family · Cut along the dashed line, prop it up

What Does a "Backup Caregiver Brief" Actually Involve?

Before a single card, let's make sure this idea is completely clear — nothing here is assumed.



WHAT DOES THIS ACTUALLY MEAN?

A backup caregiver brief means writing down exactly how a routine works — every step, in order, with no assumed knowledge — and then walking a real trusted person through actually using it, so your whole family's support system doesn't depend on one single person never getting sick, tired, or needing a break.



WHAT IS THE PURPOSE OF DOING THIS?

The purpose is to protect your family against the very real risk that everything built this year quietly collapses the one time the primary parent genuinely cannot be there.



WHAT DO WE HOPE TO ACHIEVE?

We hope at least one other trusted adult can confidently run your child's key routines, giving you real, guilt-free rest and your family real protection during a hard season.



HOW DOES THIS ACTUALLY HELP THE CHILD?

Caregiver wellbeing and access to real, practical support are strongly linked to better long-term outcomes for the whole family, not the parent alone ^[23]

ENUGU, NIGERIA

A father wrote out his son's full evening routine for the first time, in exact detail, and was surprised how many small unwritten habits he'd never once explained to anyone. His sister-in-law used the written routine successfully the very first time she babysat overnight.

The Backup Caregiver Brief — Cards 1–4



THE BACKUP CAREGIVER BRIEF ·
STEP 1 OF 7

The Backup Caregiver Brief

Turning what's in your head into something
someone else can actually follow.

Gentle Progress Family · Cut along the dashed line,
prop it up



THE BACKUP CAREGIVER BRIEF ·
STEP 2 OF 7

**Write out one key routine, step by step,
as if for a stranger.**

*Why: Assuming no prior knowledge catches the
small, unwritten habits you'd otherwise forget to
mention.*

Gentle Progress Family · Cut along the dashed line,
prop it up



THE BACKUP CAREGIVER BRIEF ·
STEP 3 OF 7

**Choose one trusted person to train as
backup.**

*Why: One well-trained backup is more valuable
than several people with only a vague idea.*

Gentle Progress Family · Cut along the dashed line,
prop it up



THE BACKUP CAREGIVER BRIEF ·
STEP 4 OF 7

**Share the written routine and give them
time to read it.**

*Why: Reading it in advance, rather than hearing it
rushed in the moment, builds real confidence.*

Gentle Progress Family · Cut along the dashed line,
prop it up

The Backup Caregiver Brief — Cards 5–7



THE BACKUP CAREGIVER BRIEF · STEP 5 OF 7

Let them lead the routine once with you present, not helping.

Why: Watching without taking over is the real test of whether the writing was clear enough.

Gentle Progress Family · Cut along the dashed line, prop it up



THE BACKUP CAREGIVER BRIEF · STEP 6 OF 7

Let them lead it once with you not in the room at all.

Why: This is the genuine test of whether your family's support truly has a backup now.

Gentle Progress Family · Cut along the dashed line, prop it up



THE BACKUP CAREGIVER BRIEF · STEP 7 OF 7

Two mistakes to avoid: skipping the practice run, and not asking for their honest feedback afterward.

Why: Their feedback usually reveals a gap in the writing that only becomes obvious once someone else tries to follow it.

Gentle Progress Family · Cut along the dashed line, prop it up

Sources for this guide: [11] Steinbrenner et al. (2020) · [23] Respite Care and Caregiver Quality of Life Systematic Review and Meta-Analysis. Full list of references in the Start Here document.