

Self Regulation

What is self regulation?

Self regulation is the ability to flexibly respond to situations, situations and distress use calm appropriate responses. They're related, it is the ability to control emotions, thinking, behavior and actions as they are affected by situations.

In addition, self regulation refers to just the other developmental processes. Children get their own and learn to think before they act.

Why is it important?

Research indicates that self regulation is critical to a predictor of academic success. Children with higher levels of self regulation score better on higher academic reading, vocabulary and math. In addition, good executive function that the ability to young children to self regulate is associated with higher, higher academic scores.

How can you help a child develop self regulation?

Here are some suggestions to help you help your child develop self regulation skills:

- Teach self regulation at a young age. Children develop the foundation skills for self regulation from before 3 years old.
 - Use self-regulation activities to help children learn to regulate. Use the classic on appropriate response in different situations. Partner with them who feel self regulation with children who didn't better self control to not so much as they.
 - Help children to regulate. Build awareness by modeling skills and using consistently and for gradually practicing self-regulation aspects of a routine or physical activity.
 - Provide verbal or physical cues to help children to self-regulate. Use words such as "let's take a break" or "let's take a break" to get up a quiet area to rest.
 - Continually monitor children to determine when their support can be withdrawn so that they can learn to be independent in their regulation.
 - Use games that regulate, such as Red Light, Green Light, Freeze Dance, Simon Says, etc.
 - Participate in other activities where the child needs to move to the center.
 - Use eye games that require turn-taking.
- Let's us help you in your journey! If you have questions about the most appropriate activities for your child's age.



Reprinted with permission from the author. All rights reserved. This document is for informational purposes only and is not intended to be used as a substitute for professional advice. For more information, please contact your local mental health professional. ©2014 by The Therapy Box. All rights reserved. Visit us at www.TheTherapyBox.com.

This document is for informational purposes only and is not intended to be used as a substitute for professional advice. For more information, please contact your local mental health professional. ©2014 by The Therapy Box. All rights reserved. Visit us at www.TheTherapyBox.com.