

# 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 asked, it is the ability to control emotions, thinking, behavior and actions in order to meet a situation.

In addition, self regulation involves 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 significantly higher on tests of reading, vocabulary and math. In addition, some research has shown 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 2 years old.
  - Use self-regulation activities to help children learn to regulate. Use the classic one appropriate suggestion in different situations. Partner with them who feel self regulation with children who didn't better self control to not to show the way.
  - 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 simple cues to "let's take a breath" or "take a deep breath" or "let's take a breath".
  - Consistently monitor children to determine when self-regulation can be introduced and when the children can learn to be independent to their regulation.
  - Use games that help regulate, such as the self-regulation game, 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 self-regulation.
- Let's us help you get started. If you have questions about the best approach to take for the child's child.



©2015 by The Center for the Study of Self-Regulation, University of Virginia. 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 the Center for the Study of Self-Regulation at [www.centerforselfregulation.org](http://www.centerforselfregulation.org).

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 the Center for the Study of Self-Regulation at [www.centerforselfregulation.org](http://www.centerforselfregulation.org).