

# 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 well as internal states.

In addition, self regulation refers to just the other developmental processes. Children get their self control to their behavior over time.

## 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 math and reading tests. In addition, some research has shown that the ability to young children to self regulate is associated with higher IQ and attention span.

## How can you help a child develop self regulation?

Here are some suggested ways that to help develop self regulation skills:

- Teach self regulation at a young age. Children develop the foundation skills for self regulation from before 5 years old.
  - Use everyday activities to give children a few other children to observe and the child can experience success in different situations. Partner with them who feel self regulation with children who didn't better self control to not so well as they.
  - Help children to regulate their emotions by teaching them and using consistently and for periods of time self regulation aspects of a routine or physical activity.
  - Provide verbal or physical cues to help children to self regulate their emotions such as "let's take a breath" or "take a deep breath" or "let's take a breath".
  - Consistently monitor children to determine when their support can be withdrawn and then the children can learn to be independent in their regulation.
  - Use games that regulate state and self regulation 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 get started! If you have questions about this post or need help with your child's self regulation, contact us at [info@yourtherapy.com](mailto:info@yourtherapy.com) or call us at 800-555-1234. We're here to help!



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