

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

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 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 IQ and educational levels.

## 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 strategies to help children. Use self-regulation strategies to help children who have difficulty with self-regulation. For example, children who have self-regulation difficulties may have difficulty with self-regulation. Use self-regulation strategies to help children who have difficulty with self-regulation.
  - Help children to regulate. Build awareness by modeling skills and using self-control 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 stop" or "let's go" to help children to self-regulate.
  - Continually monitor children to determine when self-regulation can be introduced and when the children may have the opportunity to learn self-regulation.
  - Use games to build regulation skills and self-regulation skills. Use Light + Green Light, Freeze Dance, Simon Says, etc.
  - Participate in other activities where the child needs to move to the music.
  - Use eye games that require self-regulation.
- Let's us help you to get your child's self-regulation skills. If you have questions about the best approach to help your child's self-regulation skills, please contact us at [info@mytherapy.com](mailto:info@mytherapy.com).



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