# Self Regulation

## What is self regulation?

Self regulation is the ability to transfer sensations, emotions and actions into form appropriate responses. Simplified, it is the ability to control reactions, thinking, behavior and more actions in different situations.

In children, self regulation [illegible] other developmental processes. Children get [illegible] to think before they act.

## Why is it important?

Research indicates that self regulation is [illegible] to a production of [illegible]. Children with higher levels of self regulation [illegible] higher [illegible] in reading, vocabulary and [illegible]. In addition, [illegible] research has shown that the ability for young children to self regulate is [illegible] with higher, [illegible] education levels.

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

[illegible]

- [illegible] self regulation at a young age - children develop the foundation [illegible] for self regulation [illegible] before 5 years old
- [illegible]
- [illegible]
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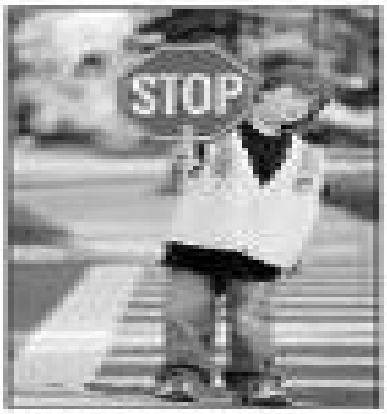


[illegible] If you have questions about the most appropriate [illegible] for a specific child.

[illegible]

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