

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 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 IQ and educational levels.

How can you help a child develop self regulation?

Here are some suggestions to help you help 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 other children to illustrate how the child can appropriately respond in different situations. Partner with them who feel self regulation with children who exhibit better self control to act as role models.
 - Help children to regulate their emotions by breathing slowly and using physically and/or verbally processing the important aspects of a situation or physical activity.
 - Provide verbal or physical cues to help children to self-regulate their emotions such as "let's take a break" or "take a break to get up a quiet area to think".
 - Continually monitor children to determine when their support can be withdrawn so that they can learn to be independent in their regulation.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 stress and help self-regulate. Red Light - Green Light, Freeze Dance, Simon Says, etc.
 - Participate in stress 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 the most appropriate activities for the child's age.



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