

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 a socially appropriate manner.

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, longer 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 activities to give children a safe environment to learn. Use activities that are fun and age-appropriate. Use activities that are fun and age-appropriate. Partner with children who have self-regulation skills with children who do not have self-regulation skills to help them learn.
 - Help children to regulate their emotions by teaching them to use breathing and/or physical activities to regulate their emotions.
 - Provide verbal or physical cues to help children to self-regulate their emotions such as "It's okay, calm down" or "It's okay, calm down".
 - Continually monitor children to determine when self-regulation can be introduced and when the children can learn to be independent in their regulation.
 - Use games that help regulate their emotions such as Red Light - Green Light, Freeze Dance, Simon Says, etc.
 - Participate in these activities when the child wants to move to the next one.
 - Use any games that require turn-taking.
- Let's us help you help your child. If you have questions about the best approach to help your child, please contact us.



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