

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 social situations.

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 higher on math and reading, vocabulary and more. In addition, some research has shown that the ability to young children to self regulate is associated with higher future 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.
 - Give your child structured physical activities. Give your child a lot of exercise 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 become angry.
 - Help children to regulate their emotions by breathing slowly and using physically and/or verbally processing all 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 breath" or "take a deep breath" or "let's take a breath".
 - Continually monitor children to determine when their support can be withdrawn so that the children can learn to be independent in their regulation.
 - Use games that regulate stress and help self regulation. Red Light - Green Light, Freeze Dance, Simon Says, etc.
 - Participate in stress activities where the child needs to move to the music.
 - Use any games that require turn-taking.
- Let's us help you get started. If you have questions about the best approach to take for the child's child.



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