

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 acceptable manner.

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 real life situations to give children - Use other children to illustrate how the child can appropriately respond in different situations. Partner with children who have self regulation skills with children who do not 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 breath" or relaxing a child by giving a quiet time routine
 - Continually monitor children to determine when their support can be withdrawn so that they can become more independent in their regulation
 - Use games that regulate stress and help with regulation that Light - Green Light, Freeze Dance, Simon Says, etc.
 - Participate in other activities where the child needs to move to the music
 - Use any games that require turn-taking
- Let's us help you in your personal journey if you have questions about the most appropriate activities for the child's age.



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