

# 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 well as internal states.

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 better on higher academic reading, vocabulary and math. In addition, good executive function that the ability to young children to self regulate is associated with higher, higher academic scores.

## 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 self-regulation strategies to help children. Use self-regulation strategies to help children who have difficulties with self-regulation. Partner with children who have self-regulation skills with children who struggle with self-regulation to help them learn.
  - Help children to regulate. Build awareness by modeling skills and using consistently and for gradually practicing self-regulation aspects of a routine or physical activity.
  - Provide verbal or physical cues to help children to self-regulate. Use simple cues to "let's take a break" or "let's take a break" to help children to regulate.
  - 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 to help regulate, such as the self-regulation game, Red Light - Green Light, Freeze Dance, Simon Says, etc.
  - Participate in other activities where the child needs to move to the center.
  - Use eye games that require self-regulation.
- Let's us help you help your child. If you have questions about the best approach to help your child, contact us.



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