

# 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 called, it is the ability to control emotions, thinking, behavior and actions in order to meet a goal.

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, higher academic scores.

## 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 self-regulation strategies to help children who have difficulty with self-regulation. For example, children who have self-regulation difficulties who do not have self-regulation skills can be helped by using self-regulation strategies.
  - Help children to regulate. Build children up by teaching them self-regulation skills and use self-regulation skills to help children to regulate. Use self-regulation skills to help children to regulate. Use self-regulation skills to help children to regulate.
  - Provide verbal or physical cues to help children to self-regulate. Use self-regulation skills to help children to regulate. Use self-regulation skills 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 self-regulation strategies and self-regulation skills to help children to regulate. Use self-regulation skills to help children to regulate. Use self-regulation skills to help children to regulate.
  - Participate in other activities where the child needs to regulate. Use self-regulation skills to help children to regulate. Use self-regulation skills to help children to regulate.
  - Use self-regulation strategies to help children to regulate. Use self-regulation skills to help children to regulate. Use self-regulation skills to help children to regulate.
- Let's be happy and healthy! If you have questions about this self-regulation strategy for the 2020's, contact us at [info@yourtherapy.com](mailto:info@yourtherapy.com).



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