

# 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 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 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 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 better self-regulation to self-regulation skills.
  - Help children to regulate. Build awareness by teaching them self-regulation and for parents to provide self-regulation strategies of a consistent or physical activity.
  - Provide verbal or physical cues to help children to self-regulate. Teach children to use the "stop, think, act" or "stop, think, act" to help them to regulate.
  - Continually monitor children to determine when self-regulation can be introduced and when the children can learn to be independent to their regulation.
  - Use games to help regulate. Use self-regulation skills to help children to regulate. Use games like "Red Light, Green Light, Freeze Dance, Simon Says, etc."
  - Participate in other activities where the child needs to regulate to the point.
  - Use any games that require self-regulation.
- Let's us help you to help your child. If you have questions about the best approach to help your child, please contact us.



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