

Self Regulation

What is self regulation?

Self-regulation is the ability to respond to situations, situations and distress with calm appropriate responses. If they're asked, it is the ability to control emotions, thinking, behavior and actions as given in different situations.

In addition, self-regulation involves just the other developmental processes. Children get tired and calm in their bodies and act.

Why is it important?

Research indicates that self-regulation is critical to a child's ability to succeed in school. Children with higher levels of self-regulation score higher on tests of reading, reasoning and math. In addition, some research has shown that the ability for young children to self-regulate is associated with higher future educational levels.

How can you help a child develop self-regulation?

Here are some suggested ways for to help develop self-regulation skills:

- Teach self-regulation at a young age. Children develop the foundation skills for self-regulation from before 2 years old.
 - Use positive reinforcement to encourage positive behaviors. Use other children as role models. Use the classroom as opportunities to respond to different situations. Partner with children who have self-regulation skills with children who need better self-control to act on their needs.
 - Help children to regulate their emotions by teaching them and using personally and for personally providing self-regulation supports 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 their emotions.
 - Continuously 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 teach regulation skills and self-regulation skills. Use Light, Green Light, Freeze Dance, Simon Says, etc.
 - Participate in other activities where the child needs to move to the music.
 - Use eye games that require them to look.
- Let's us together to help your child through it. If you have questions about this report, please contact us for the a report on this.



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