

Helping Your Children Develop Self-Regulation

What is Self-Regulation?

Self-regulation is a complex process that allows children to appropriately	to their
environment.	

"It includes being able to resist highly emotional reactions to upsetting stimuli, to calm yourself down when you get upset, to adjust to a change in expectations, and to handle frustration without an outburst." (https://childmind.org/article/can-help-kids-self-regulation)

Self-regulation is an active, intentional process.

It develops _____

- Progresses from infancy onward
- Takes lots of practice and repeated learning opportunities
- Needs to be intentionally taught

Self-regulation skills include the ability to:

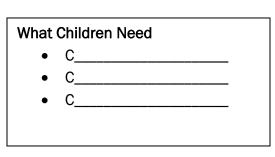
-Stay on task	-Cooperate with others
-Ignore distractions	-Demonstrate empathy
-Inhibit impulsivity	-Take turns
-Plan one's actions	-Follow directions
-Reflect on one's thinking	-Communicate thoughts and needs verbally

What happens when children are unable to self-regulate?					ate?		or		!
1	2	3	4	5	6	7	8	9	10

The Keys to Supporting Children's Self-Regulation: Remain calm and give children what they need!

Remaining calm:

- Take deep breaths
- Think positive thoughts
- Be mindful of your body
- Get curious, not furious!



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NEXT STEPS: After providing the 3 C's, you can:

1.	Appropriate	Behavior	
	• Practice your own self-regulation	skills	
	Use self-talk and parallel talk wit	h children	
2.	Provide and	d t	
	• All young children need predictat	ble schedules	
	• Give warnings before transitions	that help children prepare for the next activity	
З.	Have realistic		
	Consider developmental delays in en	notional regulation skills	
4.	then	self-regulation skills (Scaffolding)	
Б	Help children	on their feelings and learn to	themselves
5.			
6.	Play games that build	skills	
		Resources:	

Danielle Maxon, LCSW - www.daniellemaxon.com/blog/2016/1/10/tame-never-ending-tantrums

- Dr. Becky Bailey consciousdiscipline.com
- Dr. Dan Siegel "mindsight" drdansiegelcom
- Dr. Ross Greene livesinthebalance.org

Center on the Developing Child, Harvard University. http://developingchild.harvard.edu/

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- http://fpg.unc.edu/sites/fpg.unc.edu/files/resources/reports-and-policy-briefs/PromotingSelf-RegulationIntheFirstFiveYears.pdf
- Games to Develop Self-Regulation: https://self-regulationintheclassroom.wikispaces.com/Games+and+Exercises
- https://move-with-me.com/self-regulation/3-mind-body-activities-kids-can-use-to-self-regulate-when-stressed-or-emotional/