

7 Science-Backed Ways to Teach Your Child Self-Regulation



1. Help your child recognize the higher-goal (e.g. empathy and learning)



2. Use naturally occurring situations to teach self-regulation strategies (e.g., taking turns, using timers).



3. Acknowledge the challenge of regulation.



4. Have your child make a choice and a plan (e.g. practice decision-making skills every day).



5. Play games that focus on self-regulation skills.



6. Remember self-regulation skills develop over a lifetime.



7. Realize it is Just as Important to *let go* of control.