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.

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