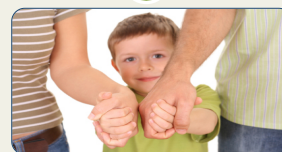


Montessori Family Alliance



Supporting Your Child's Development of Self-Regulation



What is Self-Regulation?

- Ability to self-soothe
- Ability to self-inhibit
- Ability to self-modify behaviors
- Ability to choose positive behaviors
- Ability to plan and problem solve



Why is Self-Regulation so Important?

- Children are naturally inclined toward independence.
- A self-disciplined child is a confident child.
- A self-regulated child can interact in positive ways.
- Self-regulation at the early childhood ages is the best predictor of academic and social success in the future.

How Can I Help Support My Child's Self-Regulation?

- Understand your child's temperament and basic personality.
- Accept and respect your child for the unique being he is.
- Trust in your child's developmental path.
- Observe, observe, observe.
- Cultivate a "big picture" and "long view" attitude toward parenting.

Self-Regulation as an Integrated Process

- Children's development of self-regulation is part of the bigger picture with development of gross and fine motor, language, cognitive, and social-emotional growth.
- At each stage of a child's life her abilities and skills in each area build on the stage and success at an earlier stage.
- As parents, we must be prepared to give the support and opportunities needed at each stage to optimize our child's development in each domain.

Opportunities and Observations

Infancy-

- Self-soothing
- Focusing attention
- Recognizing distress



Toddler-

- Inhibition of behavior with support of a trusted adult partner
- Identifies feelings and wants with words
- Beginning to follow a sequence to complete a task

Opportunities and Observations

Early Childhood-

- Identify and control feelings
- Can control impulses independently much of the time
- Choosing and planning activities independently
- Consistent use of Grace and Courtesy



Opportunities and Observations

School-aged and beyond

- Independent, positive decision making
- Works well with others, makes compromises, solves conflicts with others
- Pursues long term projects with enthusiasm and focus



Respect, Reflect, Relate

- ❖ Provide consistent routines.
- ❖ Allow your child to do and learn for herself.
- ❖ Provide guidance and direction as a positive model and teacher.
- ❖ Teach tools for common courtesy and problem-solving and use them in the moment.

Respect, Reflect, Relate

- ❖ Prepare for situations ahead of time
- ❖ Let your child make mistakes
- ❖ Provide opportunities- reading, listening, cooking, participating in chores, taking "responsibility" that is developmentally appropriate
- ❖ Be the kind of "friend" you would want for yourself

Thank you



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