

Physical and Brain Development: Self-Regulation

Teaching Tips:

- Many educators find it helpful to teach self-regulation after having introduced the concepts in both the overview of pillar one and the temperament module.
- For many parents, self-regulation is a new topic, therefore it is helpful to begin the discussion or lecture by defining self-regulation and describing what it looks like in children of various ages.
- As you teach parents about this topic, remember to connect the concepts back to parenting. Helping parents understand how self-regulation connects to their child's behavior can be a good discussion group topic or journal exercise.
- Use the key messages below as a focus for teaching this topic as well as a summary of the content.

Learning Objectives for Parents and Caregivers

After learning about self-regulation, parents and caregivers will be able to:

- 1) Describe the impact of biology and brain development on self-regulation
- 2) Understand the concept of self-regulation
- 3) Recognize how a child's ability to self-regulate influences their behavior
- 4) Support their child's developing self-regulation skills

Key Messages for Parents and Caregivers

- 1) Self-regulation has two components: a child's ability to control their impulses and the capacity to do something even if they don't want to.
- 2) Self-regulation requires children to understand their feelings and effectively manage their emotions.
- 3) Self-regulation develops slowly over the first years of life.
- 4) From birth, children are learning about regulating their emotions as well as their actions by watching you.
- 5) Set realistic expectations for what your child is developmentally capable of when it comes to self-regulation.

