Learning Care group

Positive Behavior at HOME

Positive Behavior Skill

Teaching Impulse Control
Most children are impulsive by nature. Impulse control is really self-discipline. Children learn how to control their impulses through seeing the skill modeled by respected adults and by practicing it in safe, supportive situations

Why is This Skill Important?

Children who can control their impulses are:

- More independent
- Have more friends
- Develop more extensive vocabulary
- Feel more confident
- Make better choices

Helpful Tips

- **Teach your child to talk to themselves**
  A child's inner voice plays an important role in controlling impulsive behaviors

- **Play memory games**
  Short term memory training helps to improves impulse control.

Ways to Practice at Home

Play a game that practices self-control
"Red light, green light" is a great way to allow children to practice self-control. They must challenge themselves to stop and go when cued.

One Minute Squeeze and Let Go
Practice with your child ways to control strong impulses by, reaching their arms above their head, and make a fist with their hands. Breathe in, and squeeze your fist as tight as they can. Next breathe out, and let go, dropping your arm and hands by your side. Make sure you practice this with your child.

Label Emotions
Create oppotunities in the day to share feelings, especially when children have to practice waiting for their turn, or waiting to get an object. Ask them to describe how they feel and even describe back to them what emotions you can see them displaying. Once they have identified the emotions talk about how their body feels, and ways they can practice managing those strong emotions. Be sure to acknowledge even the smallest effort your child shows. Remember they are still learning.