

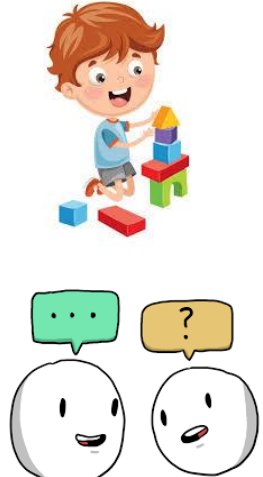





Noah's Inclusion Services

DEVELOPING SELF CONTROL

Young children are impulsive. They want things immediately. They don't stop to think. They just react. Often this results in tantrums when they can't have what they want, when they want it. They need to learn to accept other peoples' wishes and fit in with the rest of the family. No one can have their own way all the time.

What?	How?	
Wait it out	<ul style="list-style-type: none"> For an upset, angry child to stop a tantrum, calm down and do what you asked, it takes a lot of self-control. This means that you will often have to <i>wait</i> for your child to cooperate again. Sometimes just <i>waiting</i> isn't enough, or isn't safe, and you need to get your child to calm down and use self-control. 	
Safe Spot	<ul style="list-style-type: none"> To help your child learn self-control, you need a Safe Spot in the house. This might be in a hallway near the family room, or in a corner of the family room away from the TV or the toys. It should be somewhere safe where you can see your child and keep track of when your child has calmed down. The Safe Spot is not a place for punishment. It is a safe place where children go to calm down. Children should think of it positively as a safe place to help them be calm and happy. They might go there because you asked them to calm down, or because they themselves found things were getting all too much for them and felt the need for a break. 	
Family Rule for Safe Spot	<ul style="list-style-type: none"> When you have found a Safe Spot, you need a family <i>Rule</i> that when someone is in the Safe Spot, other people don't annoy them, upset them or play with them. A Safe Spot won't work if other people keep interrupting. Tell your child: "This is the Safe Spot. This is a safe place to come when you get upset and need to calm yourself down to be happy again. You can come here if you need a break from other people. If I think you need to calm down, I will ask you to come here so you can calm down and play happily again. You don't come here for punishment, but for safety." This is a hard idea for young children to grasp, the younger your child, the harder. You may have to explain it a few times or break it down into words they can understand. 	

	<ul style="list-style-type: none"> • If your child becomes aggressive or refuses to do as you ask, tell him or her to go to the Safe Spot to calm down. • If your child refuses to go, you may need to lead him or her by the hand and/or stay nearby but do it with <i>minimal attention</i>. Don't let it develop into a wrestling match to make your child stay put. Instead, <i>wait</i> for your child to cooperate and praise him or her for calming down and using self-control. 	
What?	How?	
Praise	<ul style="list-style-type: none"> • Once your child is calm in the Safe Spot, praise him or her for calming down and using self-control. Now he or she can go back to playing or to doing what you asked. This is the most important part of the Safe Spot strategy. Without praising your child for showing self-control, it won't work. 	
What?	How?	
Use Active Listening or Problem Solving	<ul style="list-style-type: none"> • Once your child is calm, you may need to use <i>Active Listening</i> or <i>Problem Solving</i> to help your child develop the skills to deal with the original problem. Do not try these if your child is still upset. <i>Wait</i> for your child to calm down first. 	

Developing self control is a long, slow process for young children, so don't expect your child to catch on the first time. Your child may not have the maturity to be ready yet. It will take lots of practice. Expect setbacks but stick with it and your child will get there in the end.