



5 TIPS FOR TEACHING KIDS SELF CONTROL & SELF DISCIPLINE

WHEN YOU REMOVE TEMPTATIONS & DISTRACTIONS, INCREASE MOTIVATION & STICK TO A PLAN, THE BENEFITS FOR KIDS ARE HUGE.



OVERVIEW

Self control is all about being able to regulate yourself. Can a child avoid distractions? Inhibit impulses? Bounce back from nasty emotions? Delay gratification & plan ahead? It all really depends on the child's age, but it is possible. Self-control develops over the years and some of the biggest changes happen between 3-7 years old. We have a major impact on the way our kids behave. Here are 5 helpful tips you can start doing today!

1. HELP AVOID TEMPTATION

Maintaining self-control will need to be achieved by changing the environment by keeping temptations hidden. This might mean putting away a toy that causes a distraction, or avoiding the sweets aisle at the grocery store. You may also want to keep electronic distractions away so they can do their homework. Teach them to identify temptations on their own & then eliminate them. Kids who stay out of trouble are the best at avoiding situations that trigger impulsive behavior.

2. CREATE AN ENVIRONMENT WITH REWARDS



There is a famous "marshmallow test" where preschoolers were given the choice between one treat now or two treats later, and the kids that demonstrated the greatest capacity to wait, ended up with better outcomes in the years ahead. They performed better on tests, finished college successfully, & had less substance abuse behavior. So, in short, opt to make your child wait in exchange for more sweet treats.

3. GIVE KIDS A BREAK

Kids benefit from taking a downtime. Why? If you give them two, demanding tasks to complete (one after the other) kids show less self control on the second task. Self control ends up getting used up on the first task and by the end, they literally lack the energy to keep going. By taking a time out, they'll increase their chances of getting more done. Let them recharge, and they will learn faster.

4. INSTILL THE RIGHT MINDSET

People who believe that effort shapes intelligence and talent are more resilient. They are more likely to take on challenges and learn from their mistakes. We can help kids develop this sort of resilience & determination by being careful with our feedback. Praising kids for general traits like "You're so smart!", makes them adopt the wrong mindset. Instead, praise their effort & encourage kids to try new strategies.

5. HELP DEVELOP THEIR ATTENTION & MEMORY



Even if kids have the right mindset, it can still be hard for them to follow through. Many distracted, impulsive kids suffer from low working memory capacity. In order to help them you can help them cope with worries, threats & bad moods, break down tasks to smaller pieces, allow downtime, encourage adequate sleep, be responsive when they get depressed, and fuel their curiosity to learn more facts