

TEACHING CHILDREN SELF-CONTROL

1. Intercede before the child is out of control
2. Use self-quieting time
3. Teach children appropriate way to express feelings
4. Teach children how to monitor the internal signals and thoughts that happen when they are starting to get out of control
5. Teach thinking skills
6. Teach conflict resolution skills
7. Model! Model! Model! the behavior you want your children to use
8. Speak softly instead of raising your voice
9. Get on their eye level
10. Use a firm and respectful tone of voice
11. Stop talking!
12. Use less words and more action
13. Describe what you see and how you feel