

Supporting self-control:

Preschool

Self-Control=the ability to regulate one's impulsivity

A real challenge for
0-5 years old.

They often struggle to
control their Actions
and Words

Difficulty
controlling their
impulses

The role of significant adults:

Children need help in developing their self-control. They require support in learning how to regulate themselves and maintain control over their behaviors and emotions.



Tips

1

Waiting their turn

- To help your children wait for their turn, give them clear instructions (e.g. after a bath)
- Offer them a visual cue (e.g. a hourglass).
- Play games that require taking turns.

2

Tolerating frustration

- When your children are upset, acknowledge their emotions.
- Set limits if they become aggressive.
- Distract them.

3

Calming down

- Encourage your children to do relaxation exercises.
- Let them expend their energy by playing outside.
- Have them do an activity that makes them feel better.

4

Listening to others

- Get your children used to looking at you when you speak.
- Practice their listening skills by reading them a story and asking questions.

5

Through play

- Play "Stop and Go" games (e.g freeze!).
- Play "do things slowly" games (e.g. run slowly, pick up toys slowly).

SYNAPSE
360



Accompagnement
TDA/H & SGT

For more tips and tricks on supporting attention in the preschool years, don't hesitate to contact us!

Sources :

1.L'autocontrôle (naitreetgrandir.com)
2.Soutenir l'enfant à développer son autocontrôle (linkedin.com) JOUSSELME, Catherine et DELAHAIE, Patricia. (2008).
Comment l'aider à... Se calmer et se concentrer. Les éditions Milan.