

Early Childhood Self-Regulation

Definition of Self-Regulation

- The ability to direct and control personal actions and emotions
- This includes many capabilities such as
 - impulse control -resisting sudden urges
 - delaying gratification -giving up what you want now for what you want more in the future

Why its important in Early Childhood

“Self-regulation is central to our understanding of what it is to be human.”

Martha Bronson talks about the progress of self-regulation that is made during early childhood in her book Self Regulation in Early Childhood: Nature vs Nurture. During these early years the child develops and gains

- control of behavior in familiar settings
- to control mental processing and problem solving
- motivational patterns

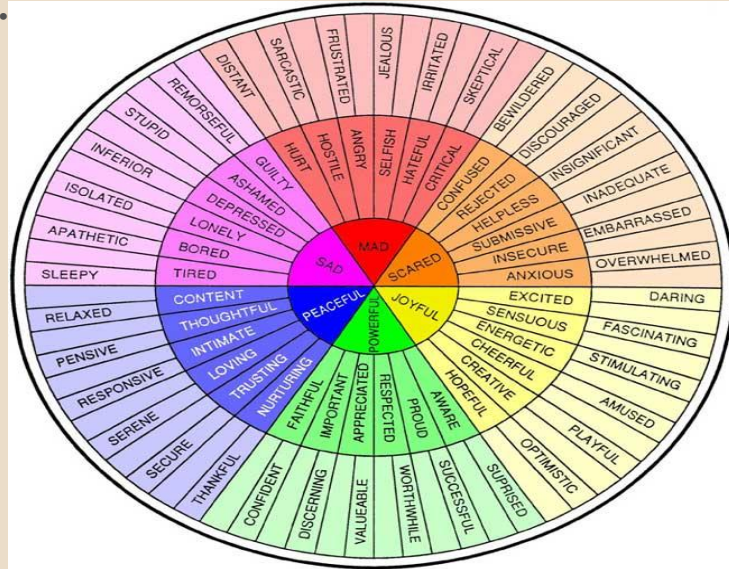
Major Issues in Relation to Self-Regulation

- ability to direct and control personal actions and emotions
- as children grow they develop ways to direct their own behaviors
- rules and regulation become an essential part of the child's sense of self
- provide children with age-appropriate opportunities

Regulating Emotion in Early Childhood

“Learning to actively control emotions and behavior begins in early childhood” (Bandy & Moore, 2013, p. 1).

Children are learning about emotions, how to name and express them, at a rapid rate in early childhood.



Different levels of Self Regulation with disappointment...

<https://www.youtube.com/watch?v=RK-oQfFToVg>

Cont...

As you can see there is really two ways kids handle disappointment.

1) They get sad

2) They get mad

Some kids do a great job at getting just a little upset but others can't handle the shocking news.

Reactions

Anger vs. Sadness

- The emotion that the children respond with is not much of a factor to self-regulation as the level of emotion they use.
- The kids that did not overreact too much have good self regulation on their emotions towards disappointment.
- However, the kids that threw tantrums or fits have lower control of their self-regulation.

Providing Resiliency for Regulating Emotions

Parents can redirect lashing out behavior by talking with the child, helping them to determine what they are feeling and giving them positive ways to handle it.

Parents and teachers can model good emotional behavior by keeping their cool, expressing their emotions often, and dealing with their emotions in sensible ways.

Parents and teachers can play games such as Simon Says, Red light Green light, or memory games to teach young children impulse control in



References

http://www.childtrends.org/wp-content/uploads/2010/10/Child_Trends-2010_10_05_RB_AssesSelfReg.pdf

Bronson, M. B., & Bronson, M. (2000). Self-regulation in early childhood: Nature and nurture. Guilford Press.