

Parent Tips:

Impulse Control



When children learn impulse control, they are learning to stop themselves from doing or saying something. This is what teachers call “setting limits”.



Setting Limits

- It can be scary for children if they do not have limits, left to set their own limits, or have too many limits.
- These can lead to feelings of anxiety that may cause children to act out.
- Some children will take longer to master self-control but, with reminders and practice, all children can learn to meet expectations.
- Slowly, children will learn to follow rules by themselves, especially if adults remind and guide them along the way.

Reason for Rules

- It's hard for children to understand the reason for rules and limits.
- Kids need caring supervision to stay within boundaries, wear helmets, and using words before hitting.
- Children feel safer when their parents or teachers are clear about what they want or do not want them to do.
- Set reasonable age-appropriate expectations and allow children time to learn and follow them.
- It can be scary for children if they do not have limits, left to set their own limits, or have too many limits.

♪ “It’s almost time to stop, so choose one more thing to do. That was fun, but now it’s done, it’s time to...” ♪

