

Dear Families/Caregivers,

Self-control is the ability to regulate one's feelings, thoughts, and behaviors. Studies show self-control is key to living a healthy, productive, and successful life.

We learned that we all get frustrated or impatient sometimes. But instead of acting without patience, we have learned strategies to help us WAIT:

- **Watch**
- **Ask Questions**
- **Imagine**
- **Think**

Here are ways to encourage your child to practice waiting:

- When your child needs to wait for something, ask your child questions to raise his or her self-awareness. Consider asking your child questions like *What do you have to wait for? How does it feel to wait? What can you do while waiting?*
- Prepare a set of games that you and your child could play while waiting together such as I-Spy, word games, and guessing games.
- Encourage your child's imagination and creativity. Provide your child with art supplies, make time for your child to learn how to entertain him or herself without TV or other media, and read together with your child.

Encouraging your child's creativity and imagination, along with helping your child to ask quality questions will both help your child wait when he or she needs to.