

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 our brain's main job is to protect us. When we feel a strong emotion like anger or frustration, our brains react telling our bodies to protect us. Instead, we learned that when we feel frustrated, confused, overwhelmed or worried, we need to freeze! By pausing and not reacting immediately, we allow our brain time to assess the situation and choose an appropriate response.

When your child begins to feel frustrated, confused, overwhelmed, or worried at home, encourage him or her to freeze. Freezing gives your child a chance to gather his or her thoughts instead of doing something he or she may regret.

Likewise, model this strategy for your child. When you feel frustrated, confused, overwhelmed, or worried – freeze. Think about the best way to handle the situation.

Consider creating a calm corner in your home or in your child's room where he or she can go to calm him or herself as needed. This can also serve as a space for any member of your family to practice calming his or her body when experiencing an adverse emotion.