

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 angry sometimes. But instead of reacting without thinking, we have learned the steps for thinking before deciding how to act:

- Take a breath.
- Honor your feelings.
- Identify your choices.
- Narrow down your choices.
- Keep the best choice and act on it.

Here are ways to encourage your child to practice thinking before acting:

- When your child expresses frustration or anger, remind your child to *THINK!* Work with your child to walk through the steps to think before acting. Honor how your child is feeling and help your child make the best choice for the situation.
- After you and your child have completed the steps to think before acting, talk with your child about how the situation would have been different if he or she had not taken the time to think before acting. Encourage your child to notice the consequences of thinking vs. acting.

When your child is feeling mad or frustrated, encourage him or her to follow the THINK steps for deciding how to act. And remember to model the THINK steps yourself when you are feeling mad or frustrated.