

6 TOP IDEAS FOR PARENT TO TEACH IMPULSE CONTROL SKILLS- PRESCHOOLERS

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For more info: paigehays.net/impulse-control-home-activities-and-games/



PLAY TOGETHER

Encourage the development of play skills, focusing on imaginative play with a thought out plan (such as playing house or super-heroes). Encourage periods of independent play, use a timer if needed.

BE AN ARTIST

Use art, such as music, dance, or painting to practice concepts related to self-awareness and self-control. Fast-medium-slow, stop/go, loud/soft, and wild- in control- calm. Experiencing these concepts in a variety of ways helps the brain to build a strong foundation to use these ideas later in life.

TALK ABOUT EMOTIONS

Work on labeling emotions and then showing how emotions and behaviors are different ("It is okay to feel mad, but it is not okay to hit your sister.") Use books, TV shows, and real life for examples of emotions.

USE ROUTINES



Daily routines, such as getting ready for bed or feeding a family pet, are a great place to work on completing tasks with several steps. Practice saying the steps out loud or make a simple visual to follow.

PRACTICE SELF-CONTROL

Set-up opportunities to practice self-control. Such as riding the elevator without pushing all the buttons or not unwrapping a present early. Allow the child to be tempted, but help them succeed.



GAMES

Play games that make practicing skills fun, such as Hide 'n Seek, Red Light/Green Light, Simon Says, Freeze Tag, and Ring Around the Rosie. Encourage motor play, practicing body control and balance skills. Try doing only 1 of an action or counting how many you do.

WHAT IS IT?



In everyday terms, "impulse control" is simply wanting something and being able to control yourself to not to take immediate action to get it. Impulse control is a foundational skill for problem-solving skills by being able to stop and think before acting. Additionally, it creates resiliency by allowing a child to persist at tasks when frustrated and attempt new things without being overwhelmed with emotions. All of these things are key part of developing higher level thinking skills called executive function and self-regulation skills.