

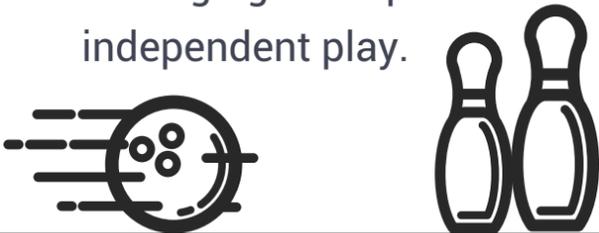
6 TOP IDEAS FOR PARENT TO TEACH IMPULSE CONTROL SKILLS TO TODDLERS

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

PLAY TOGETHER

Encourage the development of play skills, such as turn taking and cooperative play. You can even start encouraging short period of independent play.



MAKE MUSIC



Use music to practice stop/go, fast/slow, and loud/soft which all teach self-control skills. Sing familiar songs or nursery rhymes and let your child fill in familiar words or actions.

READ BOOKS

Practice reading together, including skills such as attending and staying seated for a short story and waiting to turn pages.



TEACH FIRST-THEN

Use first-then throughout the day to structure tasks. First clean-up your toys, then we can read a book together. First wash your hands, then come have a snack.

LEARN TO WAIT

Set-up opportunities to wait, such as waiting for food at meals or the tub to fill at bath time. Label that you are waiting and acknowledge that waiting can be hard. "Waiting for dinner to cook is hard, lets sing a song together."



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.