

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

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

CALM YOUR CHILD

Use a variety of ways to calm your child, such as singing, rocking, distractions, or security objects. The goal is to first calm your child, but then to transition to you child learning how to self-calm.

SIMPLE SONGS



Sing familiar songs. Try pausing at familiar parts of the song to allow your child to respond.

READ BOOKS



Read books with simple repeated phrases. Children learn the repetition and anticipate what is coming next.

TEACH GO AND STOP

Use moving toys such as balls or cars and practice making things go and stop. Try while dancing together or bouncing your child on your knees.

LEARN TO WAIT

Practice staying calm and waiting for meals, parent's attention or toys. Start with short amounts of time and slowly increase time as a child develops.

PEEK-A-BOO

Play games that build anticipation during a familiar routines and encourage interaction and turn taking.



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.