



To Support your Child's Self-Management:

Try This At Home

So much of successful self-management involves planning and practice!

To Support Organizational Skills:

- Establish one location in the house for your child's school belongings
- Try to make that spot near the door
- Backpack, coat, hats, gloves all in the same place as the school belongings
- Have your child check the backpack the night before to ensure all materials are ready for the morning
- Sit down with your child on Sunday and together develop **a weekly schedule** for Monday through Friday **SEE THE HANDOUT!!!**

To Support Homework Skills:

- If your child is in elementary school and you are aware of where they struggle or do not struggle, teach them to order their homework this way:
 - **First task:** start with something they can complete with little assistance and little frustration. Working at or above their frustration level will happen, but teach them to tackle that task AFTER an easier task.
 - **Second task:** the challenging one. If it is taking an inordinate amount of time and your child is simply too frustrated, tell them they have

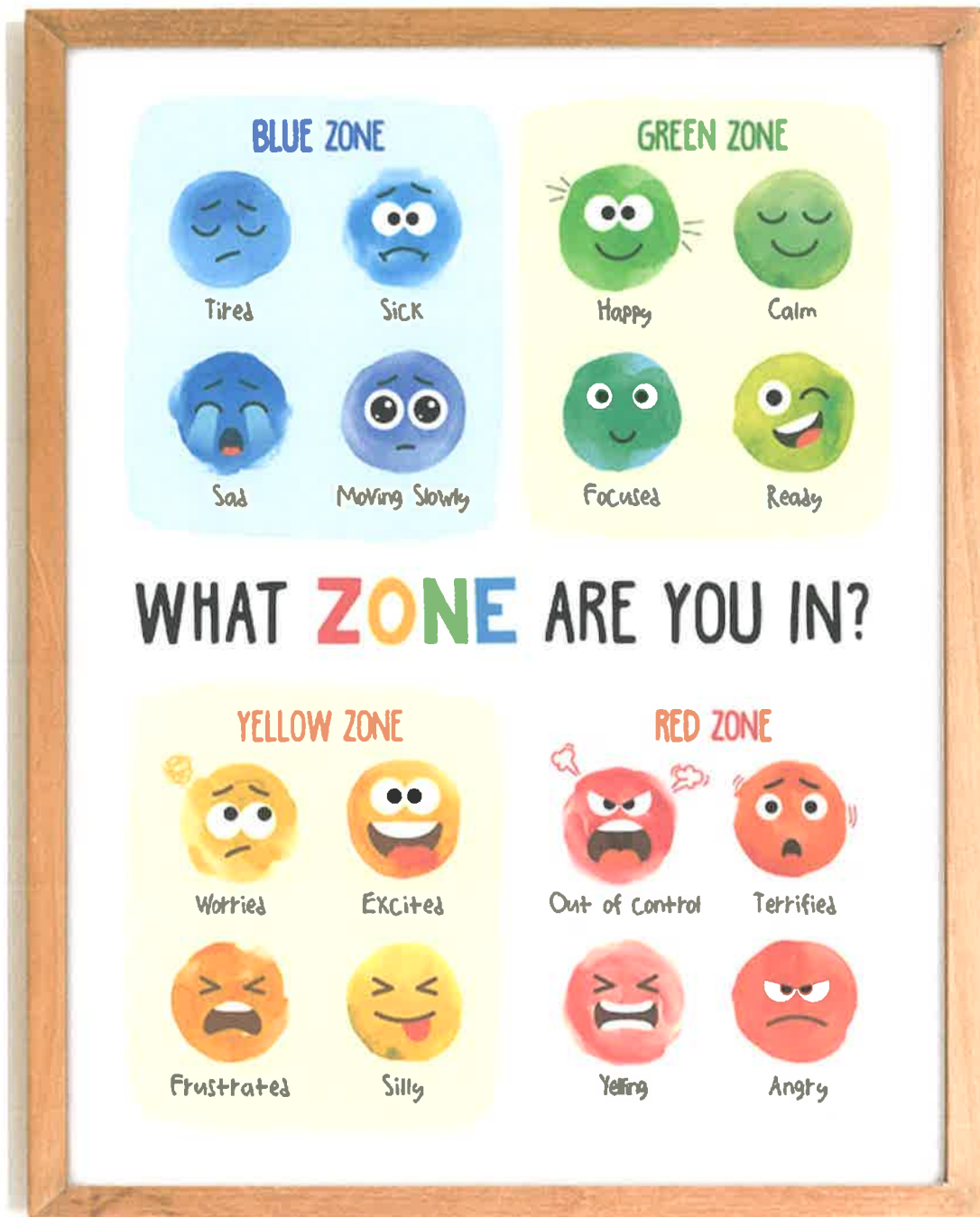


done enough for that evening, have them stop and write the time they worked on it in the upper right-hand corner of the homework sheet. You might want to prearrange this with the teacher if you anticipate this might happen with your child.

- **Third task:** have them engage in another task they can complete independently or with little assistance from you. For students with learning challenges, you may well need to work with them throughout and that is fine, but still structure the homework session in the same order as described above.
- **Last Task:** Always end with something they feel successful completing, even if it's with you. Building frustration tolerance as well as perseverance is a self-management skill set that will benefit your child in the long run!

To Support Emotional Regulation Skills:

- Use an emotion wheel to teach your child to identify own emotions when they are feeling “big.”
- Use the “Zones of Regulation” poster (next page) and help them by asking a menu of questions to help them narrow down exactly what emotion they are feeling and identifying the antecedent to that feeling.
- Purchase the Zones of Regulation Flashcards (\$3.89). 30 flashcards
- Talk about ways to re-adjust, distract, plan an alternative action etc.
- If your child is old enough, ask them what they think they can do to change the situation. Assist as needed. Teaching them to make a plan for themselves is also a self-management skill.



Zones of Regulation Poster

(Light & Salt Design Co.).

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