

STOP and THINK



Self-Control

How Will STOP and THINK Help My Child?

STOP and THINK helps your child control her own behaviors. She learns to consider her actions and make better choices.

What Can I Do?

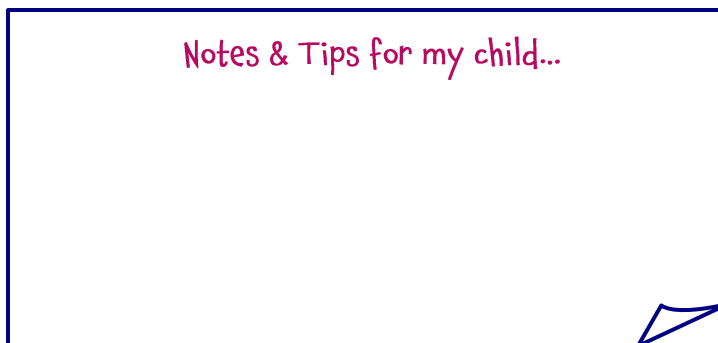
Use **STOP and THINK** when your child breaks rules that she already knows well, like standing on a chair.

1. Raise the palm of your hand. Then say, **“STOP.”**
2. When your child stops, point to your head. Say: **“Think about what you are doing that is breaking a rule.”**
3. After your child thinks for a few seconds, ask what she plans to do differently.
4. Say: **“Good thinking!”** if she comes up with a good choice. If not, help her think of a good choice.

When you regularly help your child stop and think, she will begin to stop and think on her own.

Rewards for Life!

Teens and adults who know how to **STOP and THINK** use better judgment. They are less impulsive and less likely to get into trouble. They are more positive, self-motivated, and persistent when facing difficulties.



These are general guidelines, not medical advice, for children ages 3 years and older. Consult a physician or mental health professional for specific problems or concerns about an individual child.

For more ideas and resources to help develop children's social-emotional skills and healthy decision-making visit AcornDreams.com, a service of Wingspan, LLC.

