

A Quiet Place ... Choosing Self-Control



Self-Control

How Will a Quiet Place Help My Child?

A Quiet Place helps your child choose self-control when she is struggling with big feelings like anger, over-excitement, and disappointment. Using her Quiet Place, she can learn to manage her feelings and behaviors independently. You and your child will feel calmer and more relaxed, and may even avoid some power struggles and arguments.

What Can I Do?

- 1. Set up a Quiet Place with your child. It should be a comfy, inviting spot with a soft cushion or pillow. Ask your child to think of things that will help her feel calm like books or stuffed animals and put some in the Quiet Place. Let your child know that the Quiet Place is not time out. She can choose to go there on her own when she wants to calm down.**
- 2. When your child starts to get upset or overly excited, remind her that she can calm herself down in her Quiet Place.**

Example, say: *"It looks like you are getting upset trying to put the train tracks together. Would you like to go to your Quiet Place to settle down?"*

- 3. Watch to see what she chooses to do.**

If she goes to her Quiet Place and calms down, say:
"Going to your Quiet Place helped you calm down and handle your strong feelings. You made a good choice."

If she does not settle down, try other strategies like re-direction, guiding her through a calm down process, or giving an appropriate consequence. (To learn more about these techniques visit AcornDreams.com.)

Example, say: *"Since you chose not to settle down, I will put the train set away for now. You can have it again when you are calm."*

Notes & Tips for my child...

Rewards for Life!

Teens and adults who know how to choose self-control avoid unnecessary conflict with family, friends, and co-workers. They are less likely to get into fights, damage property or get into trouble.

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.

