

Tips for Parents: Supporting Your Child's Development of Self-Regulation for Learning

Self-regulation for learning (SRL) is the ability to balance affect (feelings), behavior, and cognition (ABCs) to be successful. SRL develops in four stages:

1. Children observe others modeling appropriate ABCs in achieving success.
2. Children must copy and perform the strategies with support and guidance.
3. Children must practice the strategies in different contexts and places to be able to refine them to fit the situation and achieve success.
4. Children must take time to reflect on how well strategies work, what may need to change, and then be allowed to apply them on their own.

You can support your child's development of the ABCs by:

Modeling strategies for your child

- › Talk to your child about how you handle feeling bad, being excited, and feeling stressed out.
- › Show your child positive ways to deal with difficult situations.
- › Think out loud so your child can hear how you plan, organize, and think through situations.

Copying and doing

- › Help your child talk through his or her feelings and think of ways to remain positive, reduce stress, and deal with difficult people.
- › Have your child think out loud with you as he or she plans, organizes, and deals with difficult situations.

Practicing strategies

- › Daily, ask how your child managed his or her feelings, motivation, and drive during school.
- › Watch your child and offer advice when he or she is working through a difficult situation.
- › Throughout the day, ask your child to give you examples of how he or she is thinking at that moment.

Independence and application

- › Check in with your child on a routine basis to have him or her identify feelings and levels of motivation.
- › Have your child tell you how he or she works through complex issues or situations both inside and outside of school.
- › Have your child explain to you the way he or she thinks about what he or she is doing and his or her future.

More ideas

- › Be open and honest about emotions: everyone has them and everyone deals with them differently. What matters is that we are able to recognize the impact our emotions have on how we deal with situations, on how we react to the environment, and on others around us.
- › Talk to your child about how people deal positively and negatively with their emotions.
- › Talk with your child about how people behave positively and negatively.
- › Show your child that positive emotions and behaviors have a greater effect on being successful than negative emotional reactions and behaviors.

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Tips for Parents (continued)

- › Use affirmative language rather than negative language with your child:
 - “I like it when you follow my directions” rather than, “Why are you not doing what I told you to do?”
 - “I appreciate when you talk to me in a calm manner” rather than, “Don’t talk to me like that.”
- › Help your child identify what he or she is naturally good at and what causes him or her difficulty.
- › Tell your child “No one is good at everything, but everyone is good at something.”
- › Help your child recognize in difficult situations that you can:
 - Learn to adapt to the situation.
 - Ask for a change in the situation.
 - Avoid getting into the situation in the future.
- › Give your child constructive feedback focused on how to improve his or her performance—be specific and focused in your feedback to your child.
- › Praise your child’s effort not your child’s ability.
 - Work through challenges worth solving with your child. The challenges must be enjoyable and intriguing.
- › Remind your child that:
 - All skills and processes are learnable.
 - Patience, persistence, and perseverance are essential to success.
 - Feedback is meant to build confidence and resilience.
- › Teach your child how to:
 - Believe in himself or herself.
 - Seek out help from others.
 - Organize materials to get the job done.
 - Ask questions, or ask for help.
 - Request, require, and advocate for more support, information, and resources.
- › Help your child see how the skill/content is important to future learning.
- › Balance your praise and support.
- › Encourage your child to practice until he or she feels confident in what he or she can do.
- › Provide time for your child to reflect on learning.
- › Assist your child in making connections between school and his or her life, fields of study, and careers.
- › Live the growth mindset:
 - Show your child your love for challenges.
 - Use your mistakes as a learning tool.
 - Discuss the effort you put in daily.
 - Display your continued learning.
- › Seek professional help (social worker, psychologist, therapist, doctor) when you don’t know how to support your child.