

Tips and Hints to Support Regulation



Bedtime

Before expecting a child to follow bedtime rules, a child should be able to follow a variety of directions and participate in a variety of routines, including cleaning up toys and coming when called.



Book Time

For children who show little or no interest in books and become dysregulated during book time, make a book using a small photo album and use photos of favorite people and pictures of preferred items such as favorite toys, foods, or stuffed animals.



Community Outings

While grocery shopping, give the child a snack (if they are behaving appropriately).



Diapering and Dressing/Grooming and Hygiene

Have the child help as much as possible to increase not only cooperation but also independence in self-care.



Mealtime/Snack Time

Use the highchair or booster seat for preferred activities such as playing with modeling dough, coloring, or watching a movie. Introduce food at the end of these activities.



Playtime

Being playful and silly is a good way to help a child develop trust and regulation during play.

