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TABLE 4.8 Self-Regulation of Affect

Description of skill

Environmental modifications

They include the following:

relaxation techniques.

Giving children scripts to follow in target situations, or things they can say to themselves to help them manage emotions.

Having adults model the practice of making positive self-statements. For instance, a parent or teacher might say to the child, "Here's what I want you to say to yourself before starting this task: 'ask for help'."

Giving "pop ups" to the child before beginning a task. Having the child say to you, "ask for help" before you feel about that children may be a good way to do this.

Teaching the skill

or making positive self-statements. A general outline for teaching this kind of skill is:

1. Explain the skill to the child.
2. Have the child practice the skill.
3. Reinforce the child for practicing well.
4. Use the child to use the skill in real-life situations (classroom or home settings).
5. Reinforce the child for using the skill successfully.

Specific strategies that children can be taught to use include:

situation where she can display the goal behavior.

Having the child incorporate practicing the skill into something she does regularly, every day (e.g.,

wanting help in the morning with a child professional or his car.