

THIS WEEK'S TOPIC IS HELPING CHILDREN TO WAIT



Why should we teach waiting skills?

Teaching children to wait is important because it helps them develop self-control and patience, which are essential life skills that will help them navigate many life events.

What can you do to help?

There are lots of things that you can do to support your child with waiting. These include

- giving your children age-appropriate waiting tasks including giving a time e.g. you can have the cake in five minutes.
- talking to your child about what waiting feels like and acknowledging that it is hard.
- model good waiting behaviour such as in supermarket queues and traffic jams.
- give your child some distraction techniques for when they have to wait for something such as finding something else to do for a while or playing games like I Spy.



Where does waiting fit into improving behaviour?

Being able to wait improves your child's impulse control which means that they have a better control over their emotions and actions. Children and adults with better impulse control are better able to keep their temper and make good choices in life. They are also able to resist the temptations that may come as they get older such as smoking or drugs.