



PLAY
ATTENTION
Certified Provider

PARENTING THE NEURODIVERGENT CHILD

*Nurturing Independence:
The Crucial Link Between Self-
Regulation and the Independent Child*



PARENTING

Parenting is an incredible journey filled with love, challenges, and aspirations for our children.



Good parenting requires changes to your lifestyle. It requires the utmost in patience, listening, and teaching.

PARENTING A NEURODIVERSE CHILD

For parents of children with ADHD, this journey may come with its unique set of hurdles.

CHALLENGES

Attention Deficit Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder that can affect a child's ability to focus, control impulses, and regulate their energy levels. ADHD children often face challenges in areas like time management, organization, and completing tasks.

These challenges can make the journey toward independence seem daunting, but with patience, empathy, and the right strategies, it's entirely possible.

COMMON GOALS



One common aspiration shared by all parents, regardless of their child's neurodiversity, is to see their children grow into independent and self-reliant individuals.

Parents want their children to make good decisions, discover happiness, and find their way through life.



In order for our children to become independent we must help them develop **self-regulation**.



SELF-REGULATION

Self-regulation is the ability to control one's own behavior, emotions, and responses to various situations. It involves managing impulses, making responsible decisions, and adapting to changes.

For children, developing self-regulation is an ongoing process, and its significance becomes even more pronounced when striving for independence.

SELF-REGULATION AND EXECUTIVE FUNCTION ARE CLOSELY CONNECTED AND PLAY ESSENTIAL ROLES IN VARIOUS COGNITIVE AND BEHAVIORAL PROCESSES.

LINK BETWEEN EXECUTIVE FUNCTION SELF-REGULATION & INDEPENDENCE

Responsibility: Self-regulation helps children become more responsible for their actions. They learn to understand the consequences of their decisions and take ownership of their choices.

This sense of responsibility is a cornerstone of independence, as it empowers children to make informed decisions and be accountable for their outcomes.

Decision-Making: The ability to make thoughtful, informed decisions is vital for independence. Self-regulation allows children to think through their options, consider the pros and cons, and choose what aligns with their goals. This is crucial for the development of independence, as children need to navigate their path with autonomy.



LINK BETWEEN EXECUTIVE FUNCTION SELF-REGULATION & INDEPENDENCE

Planning and Organization: Self-regulation aids in the development of planning and organization skills. Independent individuals need to manage their time, set goals, and organize their tasks. Self-regulation helps children build these skills by allowing them to focus, prioritize, and work towards their objectives in a structured manner.

Emotional Regulation: Independence is not just about practical skills; it's also about emotional resilience. Children who can regulate their emotions are better equipped to handle challenges and setbacks. Self-regulation allows them to maintain composure, solve problems, and persevere, which are crucial qualities for independent living.

Conflict Resolution: Conflict is a part of life, and independent individuals need the ability to resolve conflicts effectively. Self-regulation plays a role in this by enabling children to engage in constructive communication, manage disagreements, and find peaceful solutions.



Now that we understand the importance of self-regulation in nurturing an independent child, let's explore how parents can support its development.





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STRATEGIES TO FOSTER SELF- REGULATION FOR INDEPENDENCE



MODEL SELF-REGULATION

Children learn by example. Demonstrate self-regulation in your own behavior.

Show them how to manage frustration, make responsible choices, and handle stress in a healthy way.



TEACH EMOTIONAL INTELLIGENCE

Help your child recognize and express their emotions.



Encourage them to label their feelings and discuss the best ways to cope with various emotional states.



SET EXPECTATIONS

Set realistic expectations based on their capabilities and age. Avoid comparing them to their neurotypical peers, as this can lead to unnecessary frustration and stress.

Clearly communicate your expectations regarding self-regulation and independence.

This can involve chores, time management, decision-making, and personal responsibilities.



PROVIDE AUTONOMY

Allow your child age-appropriate independence and decision-making opportunities.



Be there to guide and support them but give them room to learn from their experiences.

OFFER CONSTRUCTIVE FEEDBACK

When your child exhibits self-regulation skills, acknowledge and praise their efforts. When they struggle, offer constructive assistance and advice

By focusing on effort rather than outcomes and encouraging children to learn from failures, parents help them develop resilience, perseverance, and a healthier approach to success and setbacks.



ENCOURAGE RESPONSIBILITY

Teach your child the importance of responsibility by assigning age-appropriate chores.



These tasks will instill a sense of accountability and help them understand the value of contributing to the family's well-being.

Remember to celebrate progress:

Celebrate your child's achievements, no matter how small they may seem. Recognizing their efforts and successes will boost their confidence and motivation.



GOOD DECISION-MAKING

Work with your child on decision-making processes.

Encourage them to weigh the pros and cons and consider the consequences of their choices. Use real-life situations as teachable moments to help them develop sound judgement.



IMPROVE EXECUTIVE FUNCTION

Impairments in executive function can lead to difficulties in self-regulation, as individuals may struggle to control their impulses, stay organized, achieve long-term goals, and develop independence.

ADHD is characterized by deficits in both executive function and self-regulation.

Play Attention improves executive function and self-regulation.



PLAY ATTENTION CERTIFIED PROVIDER



We will customize a Play Attention program for your child to improve executive function and self-regulation.

Backed by research conducted by Tufts University School of Medicine, **Play Attention provides the most advanced NASA inspired technology that improves executive function & self-regulation.**

**Contact Us To
Learn More**

