



How to...

Teach

**SELF-
REGULATION**

What is self-regulation?

Self-regulation is the ability to control and transform one's self-thinking, perception, body, and emotions into tasks related skills.

How to teach self-regulation?

Our ultimate goal for our children with autism is for them to be independent and depend less on prompting and adult intervention.

Since our children need to learn to manage their feelings, thoughts, and body movements we need to help them how to self-regulate body, thinking, and emotions. We can ask help from experts like Occupational Therapists, Speech Therapists, Psychologist, or Special Education Teachers.

How to teach self-regulation?

**3 Areas to focus on
self-regulation:**

**Body Regulation
Control of Thinking
Control of Emotions**

If you want to know **effective strategies** on how you can manage and teach your child at home, grab your e-book **GUIDE!**

@ WWW.QUENNELIM.COM



THE ULTIMATE GUIDE .
**UNDERSTANDING
AUTISM**
BY QUENNIE LIM



8 THINGS
YOU NEED TO LEARN
**BEFORE
TEACHING
YOUR**
CHILD WITH AUTISM



BY

Quennie

Lim

TALK TO ME.



teachingparentsautism@yahoo.com

