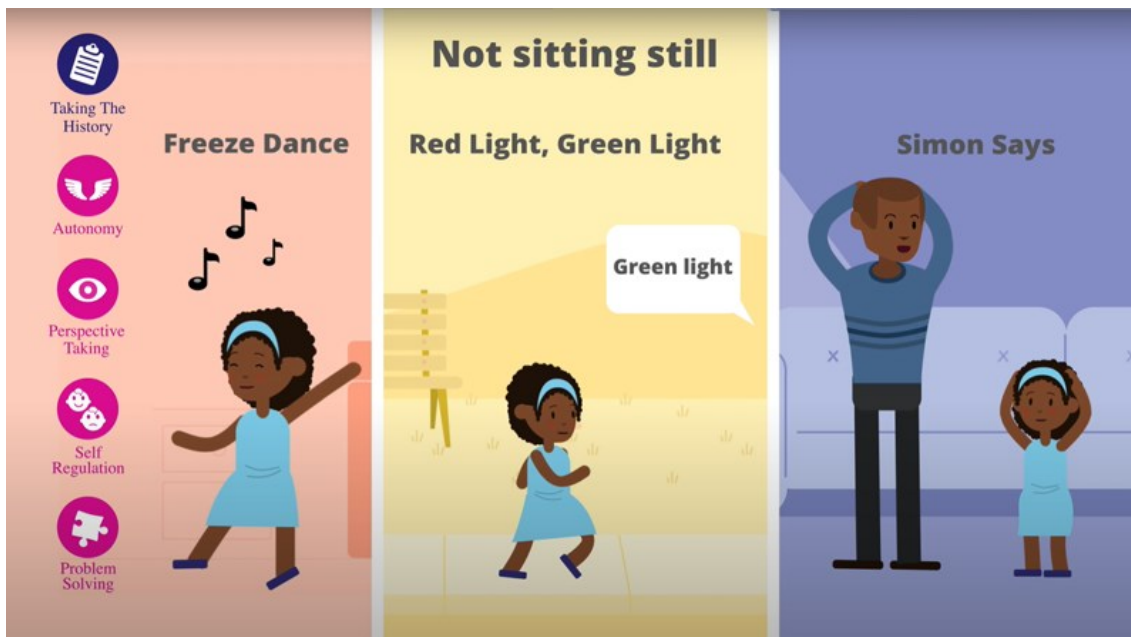


Provider Tip of the Week

September 7, 2022

Trouble sitting still in preschool?

Research shows that practicing how to stop and start their bodies is an important strategy to help children strengthen self regulation. You can suggest parents build games like freeze dance, musical chairs, and red light/green light into their day to help practice these skills. This type of inhibitory control, an executive function skill is closely tied to success in the classroom, as children regulate their bodies and attention.



Watch this video for an example

Provider Tips powered by the Keystones of Development curriculum, login at parenting.mountsinai.org/providers/ to learn more.

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