



## SELF-MANAGEMENT

### WHAT DOES SELF-MANAGEMENT MEAN?

**Self-management** refers to our ability to manage our emotions and set and attain goals that are aligned to meeting our core needs and desires.

### WHAT DOES SELF-MANAGEMENT LOOK LIKE?

**Children who can effectively self-manage will:**

- Understand that all actions have consequences, and that their choices determine those consequences.
- Act with agency\*, or strong will and free choice-making, to set and attain goals.
- Implement strategies to manage their emotions (e.g., count to 10, remove themselves from a negative situation, express excitement within appropriate boundaries, etc.).

**\*To exercise agency**, an individual needs to have their core needs met, and the freedom and access to make deliberate choices. Equity is therefore foundational to agency.

### HOW CAN PARENTS FOSTER SELF-MANAGEMENT SKILLS?

**Parents can...**

- Provide opportunities and spaces for children to reflect (e.g., quiet spaces, family norms and protocols for sharing feedback and emotions with others).
- Provide access to the tools and resources necessary for children to meet their core needs independently (e.g., provide child-sized tables and chairs, snacks and eating utensils that are on their eye level and within reach, etc.).
- Allow children to experience natural consequences and build resilience by avoiding saving them from all failures or disappointments.

**Real Life Opportunity:** If your child tries out for a sport and does not make the team, allow them to feel a sense of disappointment and talk them through what could be done to better position themselves for the next tryout. Do not call the coaches and try to force a spot for your child on the team).

