

PATIENCE AND PARENTING

THE FINE ART OF WAITING



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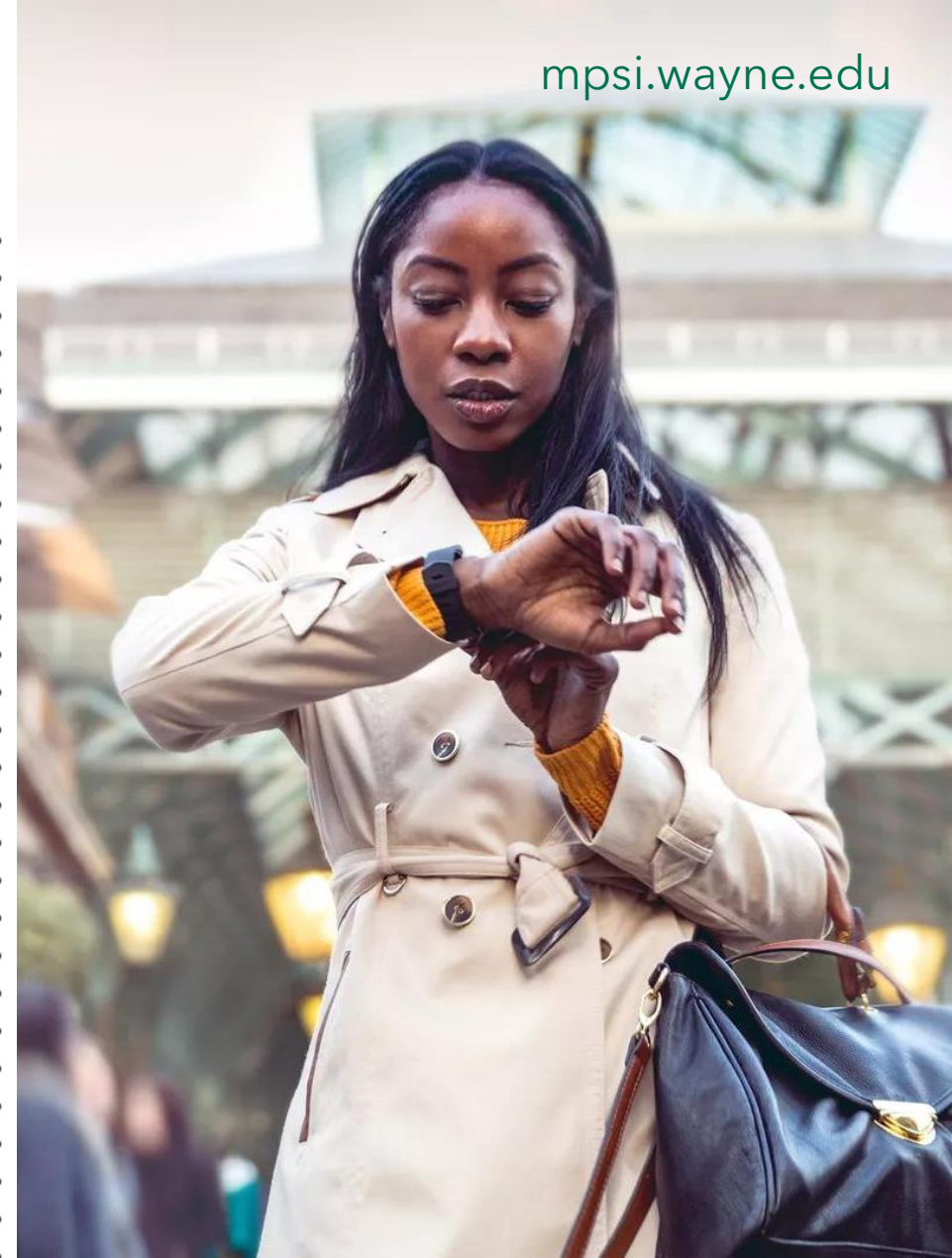
WHY IS PATIENCE IMPORTANT?

- Waiting is a part of life
- Self-regulate
- Delay gratification
- Manage frustrations



PATIENCE -YOU ARE YOUR CHILD'S ROLE MODEL

- How do you model patience when:
 - You have to wait in line
 - You are running late in the morning
 - Your child is struggling to learn a new task
 - Your child is being impatient



PATIENCE: THE FACTS



- Patience is learned
- Young children's brains are not wired to consider others
- Young children have a limited sense of time
- Language, especially around time, develops as children grow
- Your child needs your help to develop strategies for waiting

UNDERSTAND YOUR CHILD'S PERSPECTIVE

- Think about how often your child hears "wait, maybe later, not now"
- Consider how often your child is given other choices/options
- Understand that waiting may be necessary but not interesting



HOW TO TEACH PATIENCE



- Reasonable/age -appropriate expectations
- Start with small tasks and short periods of time
- Give explanations
- Practice
- Work together to come up with strategies for waiting

WAYS TO ENCOURAGE PATIENCE



Read stories demonstrating child being patient

Play family games that call for stopping thinking, and taking turns

Set a timer to demonstrate time

Praise and briefly describe moments when your child is being patient

WHEN PATIENCE IS LESS LIKELY

Long, excessive
waits

When child does
not understand
why

When child is
hungry, tired,
very excited

When you are
angry and
unsettled

When child is
bored

When child sees
other children
not patiently
waiting

DEVELOPMENTAL CHALLENGES
CAN MAKE BEING PATIENT
ESPECIALLY DIFFICULT

Speech/Language
delays

ADHD

Autism

PATIENCE PREP

When you know in advance that there will be a wait...

- Talk to your child about where and why
- Give concrete example of how long wait will be
- Make a waiting bag (snacks, books, games, fidgets)
- Talk about something enjoyable that will happen after the wait

