



01. Impulse control is the ability to pause and think things through before acting.

We need impulse control to...

- Wait our turn,
- Let someone else have a go,
- Consider the consequences before we speak or act,
- Manage big feelings.



02.



Difficulties may look like:

- Interrupting people or blurting things out,
- Unintentionally playing too rough,
- Rushing chores or work,
- Emotions blowing up quickly,
- Spending pocket money all at once.

03.

It's not intentional, it's a genuine challenge.



For some people, an urge turns into an action very quickly. In fact, sometimes immediately...

Helpful tips:

- Reduce temptations,
- Adjust the environment,
- Use simple pause strategies,
- Give clear limits in advance.

04.





01. Set clear limits in advance.

Provide details about what is happening, like:

- where you are going and what is expected,
- how to stay safe,
- what to do if struggling,
- who can help.



02.



Reduce temptation where possible.

Limit access to things that are hard to resist, for example:

- Unrestricted device use,
- High-risk environments,
- Unsupervised spaces,
- Tempting things, like lollies or money.

03.



Teach simple pause strategies.

- “Stop - Think - Choose”
- Count to five before acting

Adjust the space to make success more likely.

Make helpful choices as easy as possible. For example, healthy snacks within reach, rubbish bins in clear view, dirty clothes basket in every room.

04.

