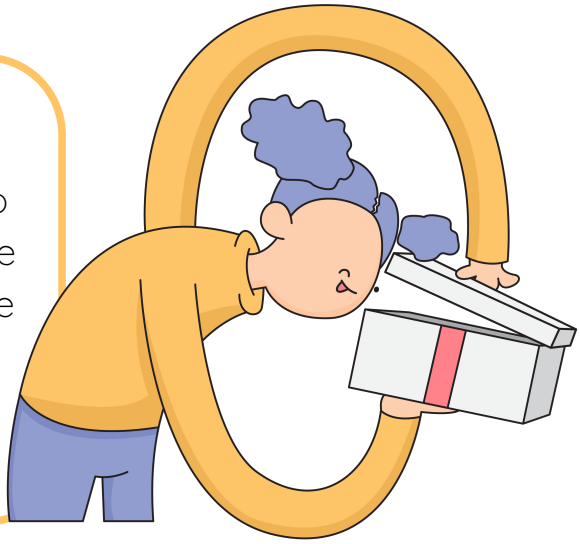
Delayed Gratification Strategies for children



Response inhibition - also known as inhibitory control - is a part of executive functioning that acts like your mental brake pedal, allowing you to put the brakes on your impulses and those knee-jerk reactions you might have to different situations. Instead, it lets you choose the actions that make more sense for your goals.

Delayed Gratification

Delayed gratification is when we choose to wait for a bigger, better reward in the future instead of grabbing the quick and easy one right now. It's like holding out for a more bigger prize down the road. Response inhibition to practice delayed gratification.





Delayed Gratification in Children

Psychologists have long been interested in why some children display a notable capacity for self-control and effectively delaying gratification, while others encounter challenges with this executive function.

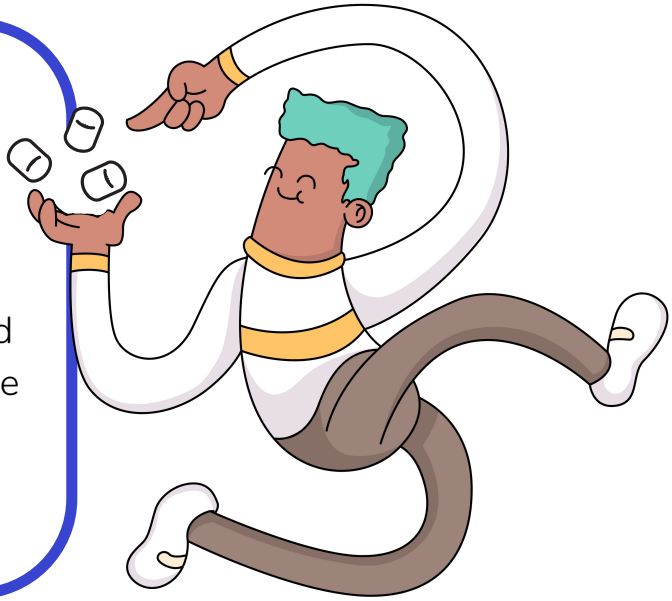
The Marshmallow Test

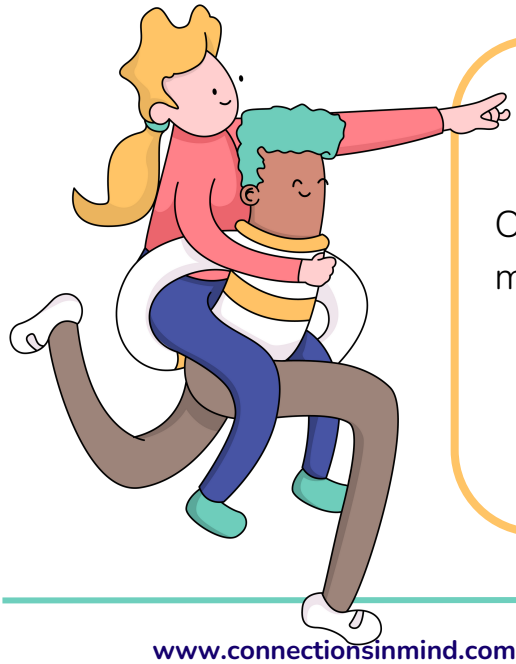


In the late 60s, a research team, led by Walter Mischel, conducted the "**marshmallow test**" with a group of 4 year olds. In this study, children were presented with a marshmallow and given the option to either eat it right away or wait 15 minutes, at which point they would receive two marshmallows.

The Marshmallow Test Outcomes

The outcomes varied, with some children succumbing to immediate temptation and consuming the marshmallow, while others displayed the discipline to endure the 15-minute wait, reaping the reward of an additional marshmallow.





Inhibitory control & childhood development

Over time, the children who waited the 15 minutes displayed the following later in life:

- High academic performance
- Healthy BMI
- Better emotional regulation and coping skills

6 Delayed Gratification Strategies



Distract With Fun



Sing or play with a toy, whilst waiting.

Abstract



Think about a tempting object in a creative way, like seeing it as a picture or cloud.

Avoid



Prevent temptations from overwhelming your children by hiding them from sight.

Teach Easy Phrases

Teach your child self-talk to help control impulses.



Devaluate Rewards

Consider alternative strategies when you can't offer the reward immediately.



Model Behaviour

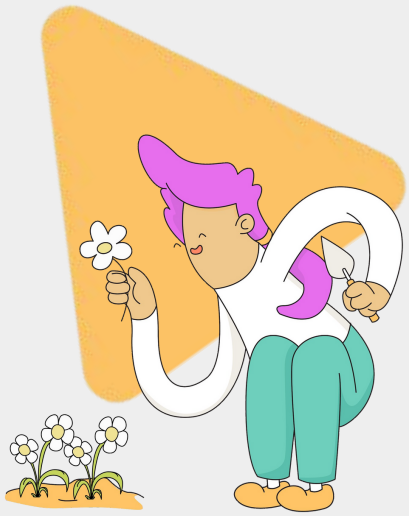
Teach your child these strategies by setting a good example.



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