

Some kids have trouble regulating themselves, and they suffer for it.



## **Social Group for ages 3rd – 6th Grade**

DATES: March 7 thru April 11, 2019

TIMES: 4:30pm – 5:30pm

WHERE: 266 Main Street, Suite 33A Medfield MA 02052

WHO: Jacqueline Vorpahl, Ph.D.

COST: \$300 per participant

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***Can your child resist distractions? Inhibit impulses? Bounce back from difficult emotions? Delay gratification and plan ahead?***

Self-control has been defined in many ways - as conscientiousness, self-discipline, or willpower. However, you define it, self-control is about ***being able to regulate yourself.***

- Goals:**
- (1) Positive Peer Interaction**
  - (2) Self-Control & Emotion Regulation**
  - (3) Skills to Practice at Home**

### **WHY IT MATTERS**

Extensive research has shown that young children with poor self-regulation skills tend to make less academic progress. Throughout the school years, they are more likely to experience anxiety, depression, and aggressive behavior problems.

**Space is STRICTLY LIMITED to 6 – 8 participants. For more info or to reserve your child's space contact Jackie Vorpahl at 508.242.9666 ext. 1 or [drvorpahl@yahoo.com](mailto:drvorpahl@yahoo.com)**



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