

From Reactivity to Regulation: Helping Impulsive Children Pause

Workshop Overview

Impulsive children often react before they can stop themselves—grabbing, shouting, interrupting, or running off. These aren’t “bad behaviors,” but signs that the child’s **regulatory system is still developing**. This workshop helps adults understand impulsivity through a **developmental and sensory lens**, and offers concrete strategies to support children in slowing down, tuning in, and gaining better control over their actions.

Who Should Attend?

- ✓ Occupational Therapists
 - ✓ Educators & Support Staff
 - ✓ Mental Health Professionals
 - ✓ Parents & Caregivers of children who struggle with self-control
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What You’ll Learn

-  What impulsivity looks like in different children and why it happens
 -  Tools to help children pause before acting—without shaming or punishing
 -  Regulation techniques to reduce impulsive behavior throughout the day
 -  How to build trust and safety while guiding behavioral change
 -  Strategies that support long-term growth in emotional control and executive function
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Workshop Details

-  Duration: Customizable (typically 2–6 hours)
-  Format: In-person or virtual
-  Email: info@thethrivegroup.co
-  Websites: www.thethrivegroup.co | www.otinyourpocket.com

 *Give children the gift of the pause—learn how to build impulse control from the inside out.*