



Learning to Wait

How to promote delayed gratification in children

Teaching your child to wait is an important and necessary skill for their development. Waiting requires impulse control – something that does not come naturally to children or many adults. Even the most mundane routines of childhood, such as not snacking before dinner, or saving up money to buy something, are exercises in delayed gratification training: you're teaching your child how to shift their attention to something else, or distract themselves, so they won't fall prey to impulsive desires or whims. It is important to help your child learn about waiting. Begin with shorter goals and work your way to more challenging ones.