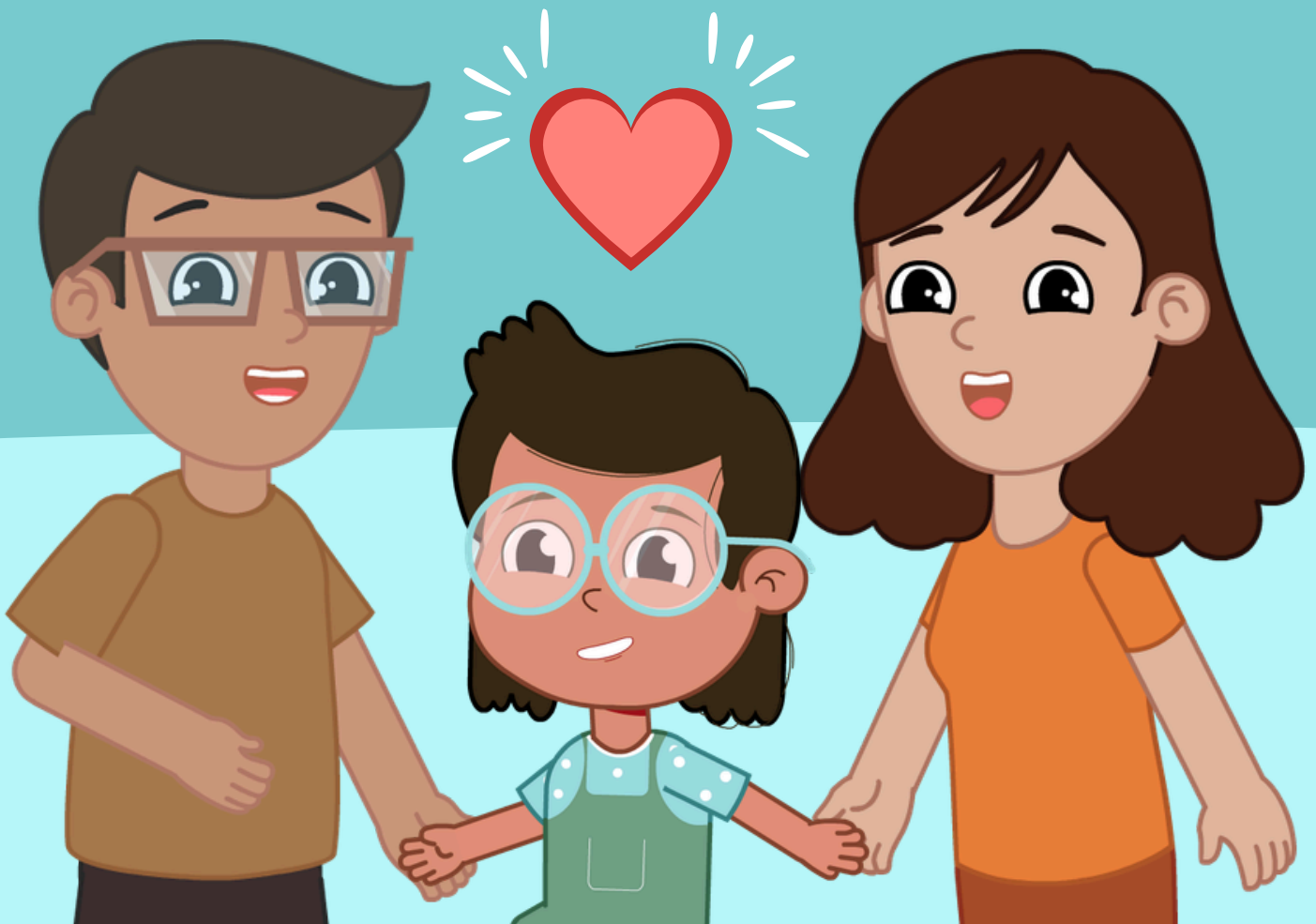


TEACHING KIDS THE POWER OF "NOT YET"

Helping children build patience, self-control,
and the ability to wait.





WHY WAITING IS SO HARD

For young children, waiting feels almost impossible. Their brains are still learning:

- patience
- impulse control
- planning ahead



So when they say, "**I want it NOW!**"

they're not being difficult—they're still learning how to wait.

The good news? Waiting is a skill that can be practised.



START WITH SHORT WAITS

Don't expect a child to wait 30 minutes straight away. Instead, practise with tiny moments.

Examples:

- "We'll have the cookie after lunch."
- "Let's read one book, then we'll play outside."
- "When this song ends, it'll be your turn."



Small successes help children build confidence in waiting.

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MAKE WAITING ACTIVE

Waiting feels shorter when children have something to do. Try:

- Count red cars while waiting.
- Play "I Spy."
- Sing a favourite song.
- Guess what happens next in a story.
- Pack a small "waiting bag" with crayons or a puzzle for restaurants and appointments.

The goal isn't to distract forever—it's to make waiting manageable.



USE A "FIRST, THEN" APPROACH

Children understand routines better than long explanations. Instead of: "No, not now."

Try: "First we tidy up, then we'll play."

"First dinner, then dessert."

"First brush your teeth, then we'll read a story."

This teaches that enjoyable things often come after responsibilities.



PRAISE THE WAITING

Instead of only praising the outcome, praise the effort.

"You waited so patiently."

"That was hard, but you did it."

"I noticed you didn't interrupt while I finished my call."

Children repeat the behaviours we notice.

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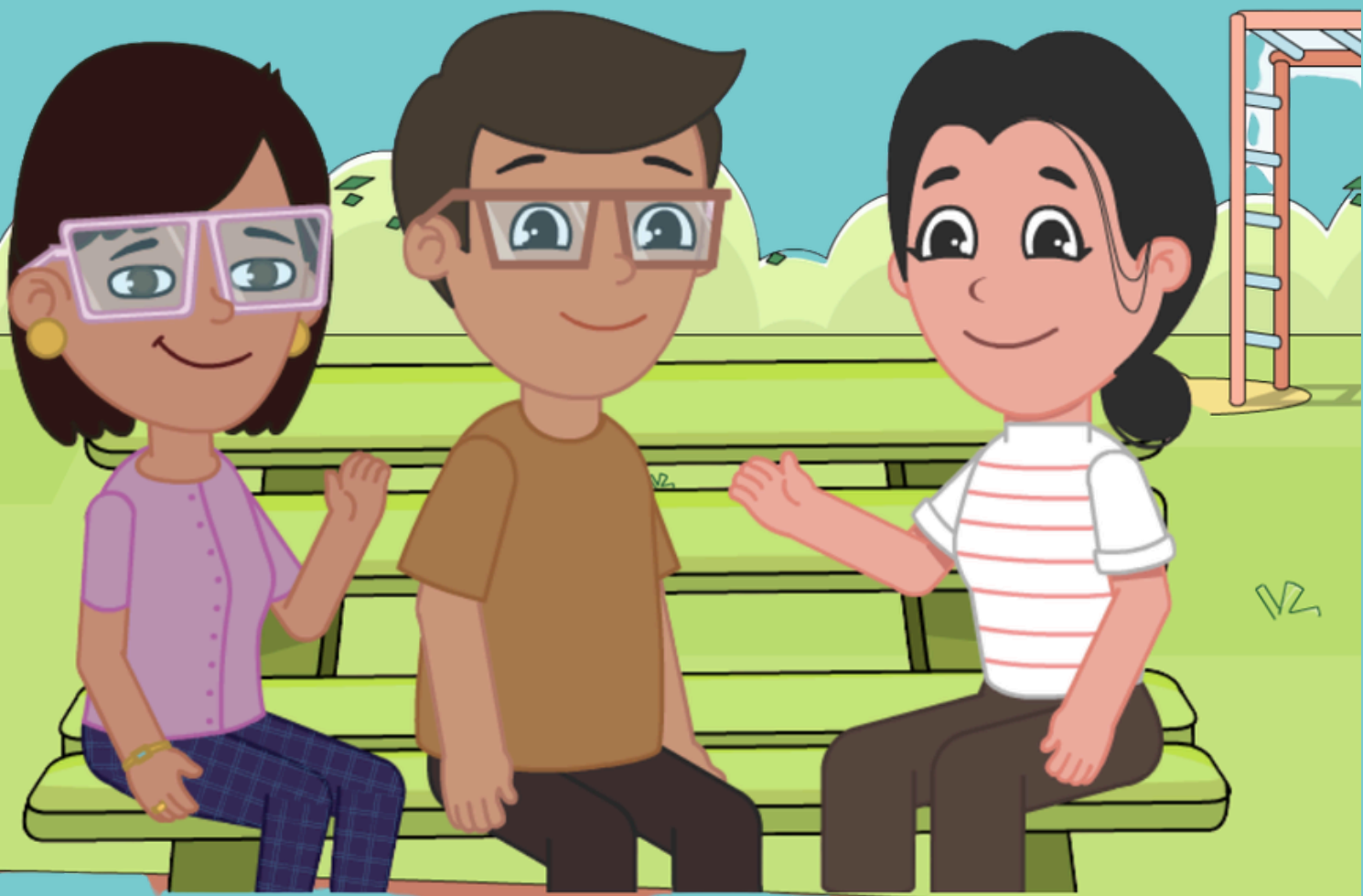


FINAL REMINDER FOR PARENTS

Delayed gratification isn't about making children wait for the sake of it. It's about helping them learn that:

- **not everything happens immediately**
- **some things are worth waiting for**
- **patience gets easier with practice**

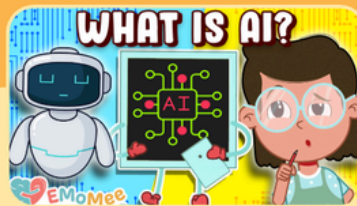
Every small moment of waiting helps build resilience, self-control, and confidence.





About Emomee:

EMoMee on YouTube



Emomee blends cartoons to turn everyday moments into meaningful learning for young children. Through bite-sized animated episodes our characters- E, Mo & Mee - guide kids through big questions like “Who invented toothbrushes?” and “What if we never wash our hair?”, while also helping them build everyday habits like brushing teeth, sharing, and tidying up. With storytelling that’s both fun and emotionally rich, Emomee makes growing up feel like an adventure.



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