Quick actions.

Small ways to offer support in the moment.

The same behavior can have different causes. Use these possibilities to guide observation, then choose a support that fits your child.

What you notice	What to consider	What to try
Hitting or yelling	Overwhelm Pain or discomfort Communication needs Too much input	Create space for safety. Pause optional demands. Use fewer words; allow time. Offer familiar comfort or support if welcomed.
Refusing a task	Unclear expectations A difficult transition A task that feels too big A need for choice or help	Show one small first step. Offer meaningful choices. Preview what comes next. Adjust the task or support.
Needing you close	Wanting connection Uncertainty A need for support A new or difficult situation	Offer moments of connection. Plan predictable check-ins. Start alongside your child. Build independence gradually.

Start with safety. Stay curious.

These are possibilities, not diagnoses. Notice your child's response and adjust. Seek individualized help for persistent changes, pain, or safety concerns.

General education only; this page does not replace an individualized assessment or safety plan.