aspire psychological

Behavioral Dysregulation in Children: Signs and Parent Strategies

What Pediatricians Can Look For, and What to Say to Parents

Common Signs of Emotional and Behavioral Dysregulation

Frequent, Intense Tantrums
Frequent meltdowns that feel out of proportion to the situation.

Long Recovery After Upset
Takes a long time to calm down once triggered.

Big Reactions to Small Problems
Explosive outbursts over minor frustrations.

Aggressive Behavior
Hitting, kicking, throwing, or verbal outbursts.

Overly Rigid Thinking
Has trouble being flexible and becomes upset when routines or expectations change.

Difficulty with Limits
Struggles with boundaries, rules, or hearing “no.”

Research-Informed Strategies for Emotion Coaching and Validation

Label & Validate Emotions
Coach parents to name the emotion: “I see you’re frustrated because the game ended.”

Set Limits with Empathy
Reinforce: “It’s okay to feel mad, but it’s not okay to hit.”

Practice Problem-Solving
When the child is calm, validate their feelings, then guide them to identify the problem and choose a solution to try next time.

Praise Positive Behavior
Model how to praise progress: “Thanks for calming down quickly.”

Notice Early Warning Signs
Support parents in identifying signs of escalation early.

Promote Daily Connection
Remind families that regular one-on-one attention strengthens regulation.

Learn how pediatricians can **refer to our team**

Need a Trusted Referral? We’re Here to Help.

If a child’s anxiety is interfering with daily life, or if parents feel stuck, call our team. No waitlist, and a free 10-minute call to see if we’re a fit.



DR. ARYEH BERLIN
NJ LICENSE #35SI00626800
NY LICENSE #025390
Director

201.639.4669 | office@weallaspire.com | 345 NJ-17, Suite 33, Upper Saddle River, NJ

www.weallaspire.com

This guide is for educational purposes only and does not constitute professional advice or create a therapist-client relationship. For concerns about your child, please consult a qualified mental health professional.