



Seasons Counseling Center

Looking Beyond the Behavior

Understanding Your Child's Needs

Could this behavior be their way of saying...



I'm overwhelmed

They're flooded with big emotions, thoughts, or sensory overload.



I need help

They lack needed skills to handle what's happening.



My body is dysregulated

They're hungry, tired, over-stimulated, or struggling to calm their body.



I feel disconnected

They need more attention, connection, or security.



I don't know how

They may not yet have the words or ways to express themselves.

Be Curious and Compassionate—Not Judgmental

When we look underneath the behavior, we're more likely to understand our child with empathy and guide them to feeling safe and connected.



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<https://seasoncc.com/>

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