

Age Appropriate or Disruptive: Dysregulated Behavior

Dysregulated behaviors, often called tantrums or outbursts, happen when children feel overwhelmed and struggle to manage emotions or reactions.

Age Appropriate

- Brief duration: Lasts **5 to 10 minutes** and improves with comfort or distraction.
- Frustration-based: Occurs when wants are unmet but resolves with **redirection** or another activity.
- Occasional: Happens infrequently and improves with **consistent** routines and boundaries.

Disruptive

- Extended duration: Lasts **30 minutes or more** and does not improve with typical soothing or redirection.
- Self-harm behaviors: Includes head hitting, self-biting, or other injury, and is not easily comforted.
- High frequency: Occurs **multiple times per day** and significantly disrupts routines.
- Aggression toward others: Involves hitting, biting, or kicking adults or peers during episodes.

