

# DISRUPTIVE MOOD DYSREGULATION DISORDER (DMDD)

## **What It Is:**

A condition in children characterized by severe, recurrent temper outbursts that are disproportionate to the situation. Between outbursts, the child may exhibit chronic irritability and anger.

## **Impact:**

Children with DMDD often struggle with emotional regulation, leading to frequent outbursts and difficulty maintaining friendships or participating in school.

## **Support Strategies:**

- Use positive behavior reinforcement plans to encourage emotional regulation and reward calm behavior.
- Teach coping strategies like deep breathing, counting, or using calming tools during emotional outbursts.
- Provide consistent, clear boundaries and routines to help the child manage expectations and reduce frustration



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