

# Behavioural and Emotional Concerns



## What are Behavioural and Emotional concerns?

Behavioral and emotional concerns affect a child's ability to regulate their emotions and behavior, this leads to them being noncompliant with authority figures, having low frustration tolerance and displaying disruptive, or anxious behaviours.

## What are behaviour disorders?

Some disorders that can cause behavioural concerns are :

1. Attention-Deficit Hyperactivity Disorder (ADHD)
2. Oppositional defiant disorder (ODD)
3. Autism Spectrum Disorder (ASD)
4. Anxiety disorder
5. Conduct disorders

## What are emotional disorders?

Emotional disorders in children cover a wide range like conduct disorders, affective disorders and anxiety disorders.

## What are the symptoms of behavioural and emotional concerns in children?

Some common signs are:

1. Inability to adapt to situations outside routine, unable to function in groups
2. Short attention span.
3. Changes in eating and sleeping habits.
4. Highly impulsive or violent conduct, tantrums.
5. Self harm or suicidal ideation

## What causes behavioral and emotional problems in children?

Many factors can play a role such as adverse childhood experiences, neglect, parental stress, socio-economic conditions, unhealthy parenting styles that involve constantly changing rules and expectations and problems during pregnancy. Other factors include genetics and developmental delays or disabilities.

## When is it important to get help?

Many children have occasional meltdowns but help is required when they have difficulties in controlling their temper and it is disrupting their daily life, which means that they are unable to get along with friends and family, or become harmful towards themselves or others.

## What kind of therapy is useful for behavioral and emotional concerns in children?

Behaviour therapies like REBT, CBT and ABA as well as client directed therapies like Art based therapy, music therapy and so on can be helpful in helping the child and parents learn helpful techniques to improve the child and family's life.

## How can Trijog help?

At Trijog we conduct assessments to screen for these disorders and concerns or attain a diagnosis. Our therapists create plans that are based on the specific needs of the individual in collaboration with the child and their guardians, taking into account the assessment reports.