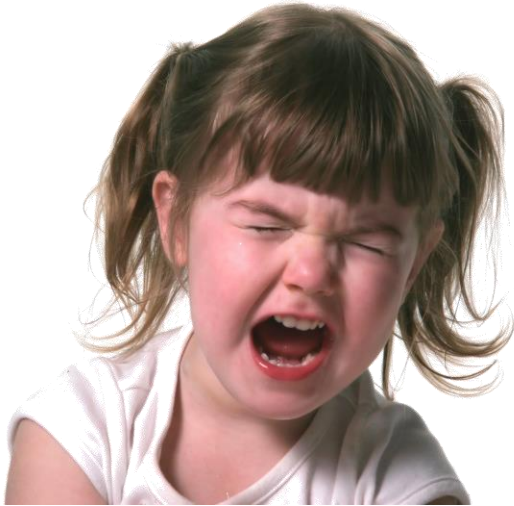


# Meltdowns: When to Seek Further Support

Adapted from Belden, A. C. (2008). Journal of Pediatrics



- Sometimes, a child may have meltdowns beyond what is typical, even after you have intentionally used many social and emotional tools.
- Many children have meltdowns from time to time; however, if your child's meltdowns are impacting their ability to learn and participate like most children their age, and nothing you do seems to work, it may be worth consulting a health care provider for support and guidance. This may be your pediatrician, family doctor, or public health nurse.

## Consider consulting your health care provider if your child is:

- Aggressive toward caregivers, objects or both almost all the time
- Aggressive toward themselves
- Biting or scratching themselves, head banging, or kicking things with the intent to hurt themselves
- Having frequent meltdowns (i.e. 10-20 per month at home and/or more than 5 per day outside the home)
- Having long meltdowns (i.e. Consistently more than 25 minutes)
- Unable to calm themselves afterwards
- Always need some sort of external help (i.e. bribes, removal from situation) or it will go on and on.

