

When to Seek Help

If your child:

- Has trouble expressing feelings
- Shows little interest in doing things for himself or trying new skills
- Seems to be in a world of his own (poor eye contact, repeated body rocking, little interest in people or toys)
- Is unable to calm down after a few minutes or has extreme temper tantrums
- Seems very stubborn compared with others his age
- Gets very frustrated when trying to do simple things that others his age can do
- Is unable to wait for a few minutes when she wants or needs something (by age 3)
- Can't seem to focus on or finish activities (3-4 years)
- Often refuses to do simple things you ask
- Hits, bites, or punches
- Destroys toys or other objects

Or if you, as parents:

- Have trouble keeping up with your child's activities or needs
- Want tips for setting safe limits, simple rules, and following through
- Expect more than your child seems able to do
- Have a hard time dealing with your child's anger or your own anger
- Need tips for dealing with temper tantrums or power struggles

