

Developmental and Behavioral Pediatrics



Disruptive Behavior Disorders

and behavior challenges such as

- Tantrums or meltdowns
- Refusal to follow directions
- Hitting self or others
- Breaking objects or destroying property
- Yelling and crying

This program is not for children who have

- ADHD, diagnosed or not, as the primary challenge
- No developmental delay or disability

Treatment

Behavioral treatment is the first line of treatment for disruptive behavior disorders.

Initial Assessment

The initial assessment includes the child and family. We will

- Medical and developmental history
- School and community history
- Challenging behavior

We will also conduct a check for challenging behavior

Plan

We will develop a plan for the child and family.

- Behavioral treatment (e.g., parent training, child training)
- Medication (if needed)
- Referring to other services (e.g., speech therapy, occupational therapy)
- Skill-building (social, self-care, toileting, sleep)
- Referring to other services (e.g., counseling, support groups)

