## Why:

Early identification and intervention in high risk groups can significantly reduce the severity and persistence of these behaviours.

Tantrums and aggressive behaviours in young children are very common and will usually remit spontaneously but in a significant proportion of children (approx. 5%) can herald the onset of serious disruptive behavioural disorder. About 30% of these will also have ADHD for which we have effective medical as well as behavioural treatments.

## How:

**Child Factors**
- Frequency of behaviours
- Severity of aggression
- Pervasive or only at home
- Social skills
- Delayed language
- Attentional skills

**Parent Factors**
- Parental mental illness (esp. mum)
- Parental antisocial behaviour (esp. dad)
- Social isolation
- Large families (poor supervision)
- Parental educational level
- Domestic violence
- Substance misuse
- Overly physical punishment

## What next and when:

Corroborative information from health visitor/nursery school
- If mild/mod give advice on parenting and monitor (usually family nurse)
- If mod/severe:
  - If behaviour confined to home environment focus on family/parent interventions e.g. referral to adult mental health/voluntary groups for mental health treatment or parenting groups. Consider referral to social services (OCYPS) for parenting support
  - If behaviour pervasive all the above still apply but also consider neurodevelopmental disorders (e.g. ADHD, language disorder, dyspraxia, autism spectrum). Refer to community paediatrics
  - If behaviour severe and involves risk to child/others and generic service interventions have not been helpful then refer to child and adolescent mental health team

## References:

- Toddler Taming A Parent’s Guide to the First Four Years, Green C. Vermillion, London

## Useful Links:

- [http://www.parentlineplus.org.uk/](http://www.parentlineplus.org.uk/) information for parents on sources of help
- [www.cafamily.org.uk](http://www.cafamily.org.uk) advice for parents of children with developmental disorders and challenging behaviour
- [http://www.rcpsych.ac.uk](http://www.rcpsych.ac.uk) useful section of leaflets for parents, children and adolescents about mental health problems including restless and challenging preschoolers

## Who are you:

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