

## What are My Child's Triggers?

| Description:   | Time? | Place? | Who? | What? |
|--|-------|--------|------|-------|
| Eating out –We were eating out and it took over 30 minutes to get our food. My child went crazy and threw a fit. I had to take him to the car and missed eating with the rest of the family.   |       |        |      |       |
| Going to bed-After taking a bath my child runs all through the house. He gets so hyper that he does not want to go to bed. It takes over an hour for him to fall asleep and often he ends up in tears before finally going to sleep.     |       |        |      |       |
| Playing with a specific little boy in the neighborhood-Every time my child plays with an older neighbor child, he ends of in tears. He enjoys playing and rough housing with him but can't handle it when the other child wants to quit. |       |        |      |       |
| Staying up too late-whenver my child stays up late, the next day he typically has 2-3 meltdowns.   |       |        |      |       |
| Learning something new-every time I try to teach my child something new, she ends up in tears. I get so frustrated that I quit trying to teach her.  |       |        |      |       |
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