

IMPULSIVE BEHAVIOR

Definition:

Acting before thinking about what happens next AND without an apparent trigger.

Behavior:

Why could this be happening?

- Children who are over-tired, anxious or over-stimulated may appear fidgety or be very physically active.
- Children may act impulsively in a chaotic or over-stimulating environment.

Typical Development:

- Toddlers and preschool children often demonstrate a high activity level because they are learning and exploring their environment.
- The activity level of a child usually decreases as he/she grows older.

When to be Concerned:

- If a child's level of impulsivity or high activity doesn't appear to decrease as he/she grows older (particularly between the ages of 3 - 5).
- If a child doesn't seem to be learning from mistakes or consequences.
- If a child doesn't develop safety awareness over time (particularly between the ages of 3 - 5).
- If after age 3 or 4, a child is not able to play with others due to a short attention span.
- If a child switches activities more frequently than other children his/her age.
- If a child has difficulty falling asleep or staying asleep.

Possible Resources:

Help Me Grow, Early Childhood Family Education, pediatrician

