A PAUSE, A PRACTICE, A NEXT STEP

Parenting a Child With DMDD

A plan for before, during, and after a big outburst.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Before: practice a break when things are calm

Pick one hard time of day, such as turning off a game. Agree on a warning and what comes next. Rehearse once: “When the timer rings, you can say ‘break’ and sit with me for a minute.”

01 / Notice and reflect

When do outbursts tend to happen? What is one early sign?

02 / Notice and reflect

What is our break signal, and what will each adult do when we see it?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Contact your child’s clinician if outbursts are getting more intense, someone has been hurt, or school or family life is becoming hard to manage. If you cannot keep people safe right now, call 911.

Read more: NIMH · Disruptive mood dysregulation disorder and parent training

More tools and immediate support: Our Healing Room / Crisis Support.