

Emotions

Children may have trouble controlling their emotions after an acquired brain injury. They may sometimes shift dramatically from one emotion to another, for example, switching from angry and aggressive to sad and crying. They may also have difficulty shifting these emotions once they have started. Children with acquired brain injury tend to have more intense emotions and more frequent mood swings compared to other children.

What you might see	What this could mean	Strategies
<ul style="list-style-type: none"> • Child is becoming angry quickly. • Child is crying easily. • Child is having dramatic mood swings. 	<ul style="list-style-type: none"> • Difficulty regulating emotions. • Fatigue. 	<ul style="list-style-type: none"> • Assist the child in regulating emotions by providing a calm, consistent response to their behaviour that does not escalate their emotional state. • Provide an activity or setting that will help the child to regain a calmer emotional state – allow the child to listen to some music, go for a walk, do some drawing, visit the library. • Irritability might be best managed in younger children with a physical activity – have the child walk or run in the playground or engage in an active game. • Provide the child with breaks between tasks. • Alternate difficult and easy tasks. • Consider the child attending school on a restricted time basis to prevent fatigue.