When young children are overexcited they can find it difficult to read social cues from their friends, or know when it's time to stop playing. Kids with some kinds of learning differences are more prone to overexcitement. When we understand what's behind their challenging behavior, we can intervene more effectively, and make plans to prevent it in the future.

3 tips for an overexcited preschooler

Get the 3 tips

en Español

10 activities
To manage big feelings

Sensory Storytimes
A more adaptive virtual storytime experience

Family Newsletter
Share the link with families

Boletín Informativo
Comparta este enlace con las familias
How to help toddlers express their feelings

It's normal for toddlers to have tantrums and meltdowns. Their brains are growing faster than at any other time, and they experience many unconscious and spontaneous feelings because they aren't thinking - just reacting. Toddlers cry, yell, and throw things when they don't know yet how to manage these strong feelings. But there is hope!

Babies are born with basic emotions

The first years of life are an amazing time of physical
and mental growth. A child’s temperament, individual experiences, and environment will influence their emotional development. Babies are born with basic emotions, but they learn how to recognize and express them with your help. Talking about feelings helps a baby learn about them and understand that they are normal.