

AT THE COUNSELING CENTER

We provide services in our offices in Malden or in schools, early education and care programs or family child care homes. Each individualized treatment plan is designed to maximize therapeutic effectiveness by providing services within the client's community. Our clinicians eagerly collaborate with families, teachers, early childhood educators and providers, physicians, case-workers and other professionals in order to promote the client's well-being.

We currently have contracts to provide clinical services to members of most insurance plans, including Mass Health. For those uninsured, payments are available on a sliding scale.

Please call to see if your plan is now covered.

To make a referral or to schedule an appointment, please call;

Carol Tanielu (781) 324.2381 x223

The Counseling Center is located at
389 Main Street, Suite 303,
Malden, MA 02148



Working with Children with Hyperactivity / High Energy



Working with Children with Hyperactivity / High Energy

Signs:

- fidgety/cannot sit still
- always seems busy
- restless/squirmy

Possible reasons for the behavior:

- temperament
- worries
- anxiety
- trauma history
- medical issues
- sensory issues
- ADHD (attention deficit hyperactivity disorder)



Interventions:

- redirect behavior
- let child be a helper
- try to avoid a power struggle
- build in movement time to routine, tailoring activity toward child's energy level
- adjust schedule to accommodate child's needs
- decrease added stimulation such as music, noise level, light
- relaxation techniques (deep breathing, imagery)
- use of physical touch (gently place hand on shoulder)
- use of physical proximity
- use direct and clear rules/explanations; make a visual routine chart and review daily with child
- incorporate tactile (touch and feel) materials into play (play-doh, stress balls)



When to seek

professional help:

- when safety becomes an issue/danger to self or others
- when activity level interferes with listening and learning process
- when behavior interferes with interpersonal relationships
- when child does not respond to suggested interventions

