



# SELF-INJURIOUS BEHAVIOR IN TODDLERS:

## RISK FACTORS AND PREVENTIVE STRATEGIES

### Factors that increase the risk of toddlers hitting themselves

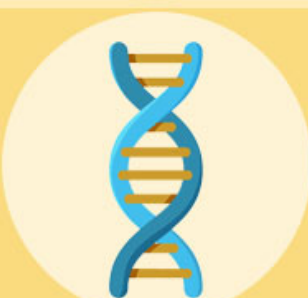
Presence of other  
behavioral problems



Presence of sensory  
abnormalities



Presence of specific genetic  
disorders, especially those  
affecting cognitive abilities



Being exposed to any  
kind of stress or trauma



### Preventive strategies



Escaping the difficult situation  
by taking a break



Diverting attention from a  
troubling situation



Using sensory stimulation  
methods, such as giving a toy  
with a unique texture or giving  
a hug

#### References:

- 1 Self-injurious behaviors in children with autism spectrum disorder enrolled in the Study to Explore Early Development; National Institutes of Health
- 2 Identification of Emerging Self-Injurious Behavior in Young Children: A Preliminary Study; National Institutes of Health
- 3 Assessment and Treatment of Self-Injurious Behavior; Indiana University Bloomington