

# Perseveration: When Your Child Gets “Stuck”



- Understanding neurodivergent brains
- Parents & Caregivers

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# What Is Perseveration?

- Getting 'stuck' on thoughts, feelings, or actions
- Brain-based, not behavior-based

# What It Looks Like at Home



- Repeating questions
- Fixating
- Escalation
- Meltdowns

# The Brain Behind It



- Executive function
- Emotional regulation
- Brain domains working together

# Why “Just Stop” Doesn’t Work

- Assumes control
- Increases frustration
- Escalates loop

# The Danger Zone



- Escalation
- Logic stops working
- Emotions take over

# Common Traps



- Over-explaining
- Repeating
- Taking it personally
- Pushing compliance

# A Different Question



- What does my child's brain need right now?

# What Helps



- Reduce language
- Slow down
- Create space
- Co-regulate

# Practical Strategies



- Movement
- Visual supports
- Validate
- Delay problem-solving

# What This Changes



- Less conflict
- More understanding
- Stronger connection

# For Caregivers



- You're not failing
- Your child isn't broken

# From Stuck → Supported

- What could be different... if they had support?



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