CLÍNICA VIVALDI · FREE SHEET · NEURODEVELOPMENTAL

Stereotypic movement disorder

Repetitive and seemingly purposeless movements (swinging, flapping, hitting) that interfere with daily life or may cause injury.

COMMON SIGNS

- Repeated rocking, flapping or spinning
- They increase with stress or excitement
- Sometimes hits or bites themselves

TIPS FOR YOU

1. If there is a risk of injury, seek help soon
2. Identify which situations trigger them
3. Don't punish: look for other ways to self-regulate

FOR FAMILY AND FRIENDS

1. Offer alternatives to self-regulate (objects, movement)
2. Don't punish them for the movements

WHEN TO ASK FOR HELP

1. If they hurt themselves
2. If they interfere with learning or relationships

TO OBSERVE AND NOTE DOWN

☐ Repeats movements such as rocking or hand flapping

☐ The movements increase when they are nervous or excited

☐ Finds it hard to stop even when asked

☐ Sometimes hits or bites themselves

☐ The movements interfere with their activities

☐ They attract other people's attention

☐ They appear when bored or understimulated

☐ They take up a lot of time each day

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-de-movimientos-estereotipados
- Free guide: Childhood and youth: clinicavivaldi.com/en/guia-infancia-juventud
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112