

# CT Children's CLASP Guideline Family Handout

## *Neuroirritability*

### What is neuroirritability?

- Persistent episodes multiple times per week that may include prolonged crying, difficulty settling, or other signs of discomfort without a recognized source
- Often challenging to diagnose and treat given that it may exist along with other conditions

### What are the treatments for neuroirritability?

- Non-medication strategies to help soothe, including white noise, weighted blankets, positional changes
- Behavioral therapies through Birth to Three, psychologist, or potentially Developmental Behavioral Pediatrics
- Medications such as gabapentin may have a calming effect for some patients
  - Adverse effects include fatigue and brain fog
  - Dosing:
    - Start with \_\_\_\_\_
    - Increase to \_\_\_\_\_