



01. “Can’t” and “won’t” can look very similar.

A child may physically be able to do something, but still struggle to start, tolerate, organise, or follow through with the task in that moment.

For example:

- dressing themselves for two days in a row, and then refusing to get dressed on the third day



02.



Demands use energy or capacity.

Even small or fun requests can take a toll on the nervous system, leading to increases in anxiety or frustration, and fatigue.

This is even more likely when someone is already tired, overstimulated, pressured, or emotionally overwhelmed.

03.



Executive functioning plays a big role.

Tasks that may seem simple actually need lots of planning, prioritising, emotion regulation, and focus behind the scenes.

Capacity changes.

04.

Children often have uneven capacity. They may manage something one day but struggle with the same task the next.

