

CHILD BEHAVIORS (AGES 7-12)

THE FOLLOWING LIST CONTAINS SOME SIGNS THAT MAY INDICATE THAT YOUR CHILD MAY HAVE AN EMOTIONAL, BEHAVIORAL OR MENTAL HEALTH PROBLEM THAT NEEDS PROFESSIONAL ATTENTION:

- *Has frequent tantrums or are intensely irritable much of the time*
- *Often talks about fears or worries*
- *Complains about frequent stomachaches or headaches with no known medical cause*
- *Is in constant motion and cannot sit quietly (except when they are watching videos or playing video games)*
- *Sleeps too much or too little, have frequent nightmares, or seem sleepy during the day*
- *Is not interested in playing with other children or have difficulty making friends*
- *Struggles academically or has experienced a recent decline in grades*
- *Difficulty taking part in activities that are normal for your child's age*
- *Difficulties with concentration, attention, or organization*
- *Withdrawal from friends or activities they used to enjoy*
- *Strange or unusual thoughts, beliefs, feelings or behaviors*
- *Getting 'stuck' on certain thoughts, activities or actions*
- *Ongoing lack of energy even when rested*
- *Difficulty in going to sleep, staying asleep, or waking up*
- *Sudden outbursts or explosive emotional reactions*
- *Prolonged negative mood and attitude*
- *Frequent physical complaints with no apparent cause*
- *Inability to cope with problems*
- *Inappropriate or unusual reactions to others*
- *Sad and hopeless feelings without good reason, that don't go away*
- *Avoiding friends or family and wanting to be alone all of the time*
- *Persistent nightmares*
- *Seeing or hearing things that are not real*
- *Significant changes in behavior over a short period of time*
- *Eating problems including eating too much or too little*
- *Violence towards oneself, others, animals or property*
- *Refusal to go to school on a regular basis*
- *Ongoing decline in school performance*
- *Deliberate disobedience or aggression*
- *Inability to complete tasks on an ongoing basis*
- *Opposition to authority figures and little or no remorse for breaking rules*
- *Extreme perfectionism*
- *Cutting or other self injury*
- *Inability to make decisions*
- *Extreme mood swings with no apparent cause*
- *Speaking so rapidly that they are difficult to understand or interrupt*
- *Unable to get along with others in most situations*
- *Worries about everything, even minor things on an ongoing basis*
- *Becomes easily bored or angered*
- *Isolation, loneliness, and a lack of friends*
- *Risky or dangerous behavior including: sexually acting out, recklessness, running away, setting fires*
- *Feeling hopeless or worthless*
- *Abuse of alcohol, and/or drugs or heavy tobacco use*
- *Frequent outbursts of anger or inability to cope with problems*
- *Obsession with weight, constant dieting, purging food or vomiting*
- *Self-injury, talk of suicide or actual violence. ****Important! If your child talks of suicide, or hurts themselves or others intentionally, get immediate assistance and do not leave your child alone! If necessary, take your child to an emergency room for a psychiatric assessment, or call the police for assistance if you are afraid to try to transport your child.***