## HOW YOUNG CHILDREN SHOW US THEY NEED HELP

When problems last more than one month, happen more often, or are stronger than would be expected given the child's age.

	Continued Problems with Body Functions  Sleeping Feeding or eating Potty training or going to the bathroom	
	Easily Upset by Noise, Touch, Smells, Tastes, Open or Busy Spaces	
	Serious Developmental Delays  Speech  Motor Social skills Exploration and play	
	Frequent Health Problems (e.g. illness, aches, asthma)  Young children often show distress through their bodies, which can lead to health problems. See your doctor for all health concerns.	
☐ Emotional Difficulties		
	<ul> <li>□ Often angry, irritable</li> <li>□ Tantrums (stronger and longer than others their age)</li> <li>□ Sad, cries a lot, hard to comfort</li> <li>□ Overly worried or scared</li> <li>□ Serious problems separating, overly clingy</li> <li>□ Overly quiet, shy, shut-down</li> </ul>	

	Challenging Behaviors  Aggressive, defiant Overactive Problems paying attention Reckless, frequent accidents (gets hurt a lot)	
	Relationship Difficulties	
	More distant or less connected to people than usual	
	Doesn't play with other children, wants to be alone	
	Overly friendly with strangers	
Other Common Responses to a Scary or Painful Event		
	Bad dreams	
	Easily scared	
	☐ Talking or playing a lot about what happened	
	Avoiding talking about what happened or avoiding places, people, or things connected to the event	
	Sudden change in mood or behaviors when reminded of what happened	
	Spacing out frequently or when reminded of what happened	
	Worrying that bad things will happen again	
	Looking out for danger, jumpy	
	☐ Engaging in sexual behaviors that are not age appropriate	



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