

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

- Often angry, irritable
- Tantrums (stronger and longer than others their age)
- Sad, cries a lot, hard to comfort
- Overly worried or scared
- Serious problems separating, overly clingy
- Overly quiet, shy, shut-down

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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