

PARENT QUESTIONNAIRE

Use this questionnaire as you evaluate if now is the time to bring in outside support.

- 1) Is your child experiencing unexplained, sadness, irritability or crying?
 not at all sometimes often
- 2) Has your child shown disinterest in participating in activities they typically find meaningful or enjoyable? not at all sometimes often
- 3) Are there marked declines or change in appetite or weight?
 not at all sometimes often
- 4) Have sleep patterns changed dramatically (increase or decrease)?
 not at all sometimes often
- 5) Is your child withdrawing from you, friends or family members?
 not at all sometimes often
- 6) Has there been an increase in temper tantrums or emotional outbursts?
 not at all sometimes often
- 7) Have you observed a decrease in your child's ability to process or handle unfavorable events or scenarios? not at all sometimes often
- 8) Does your child express feelings of hopelessness? Do they speak of them self in a way that is hopeless, degrading or indicating low self-worth?
 not at all sometimes often
- 9) Do teachers report any changes regarding completion of school work, focus, organization or class participation?
 not at all sometimes often
- 10) Are there new, unexplained physical symptoms? (headaches, heart racing, stomach ache, dizziness, etc)? not at all sometimes often

What does your pediatrician recommend? Pediatricians support the whole child. Ask to schedule a meeting just without your child to discuss your observations and concerns. Their input can be valuable in helping decide next steps.