

# IS IT JUST A PHASE

## A BEHAVIORAL ASSESSMENT CHECKLIST

Developed by Earl S. Saltzman, Ph.D.

Name of child \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_

Name of parents \_\_\_\_\_ Date \_\_\_\_\_ Telephone \_\_\_\_\_

**Instructions:** Each of the following types of behavior is followed by four boxes denoting frequency of occurrence. Place a check mark in the column which best describes your judgment of the frequency with which your child displays that specific behavior.

	Often	Sometimes	Rarely	Never
1. Trouble going to sleep .....				
2. Distracts in school.....				
3. Has difficulty in doing school work, though capable.....				
4. Daydreams .....				
5. Awakened by nightmares.....				
6. Sleepwalking or talks in sleep.....				
7. Resists doing schoolwork.....				
8. Has headaches.....				
9. Won't obey parent(s).....				
10. Seems tense and nervous, worries too much.....				
11. Expresses feelings of not liking self.....				
12. Plays alone, or spends too much time alone in room, although other children are available.....				
13. Has tics, or other involuntary behavior.....				
14. Shy, quiet, refuses to talk.....				
15. Twists or pulls out hair.....				
16. Breaks out in rash .....				
17. Has difficulty in relating to children of opposite sex.....				
18. Bedwetting .....				
19. Hyperventilates .....				
20. Expressive difficulty, such as stuttering or stammering.....				
21. Demonstrates jealousy.....				
22. Grinds teeth at night.....				
23. Has stomach aches.....				
24. Appears listless or apathetic.....				
25. Child's behavior is too good, too conforming, too positive.....				
26. Lies or distorts information.....				
27. Talks rudely, hassles, argues.....				
28. Associates primarily with younger children.....				
29. Gets too carried away with excitement .....				
30. Physically or verbally abusive to other children.....				
31. Becomes too upset over making mistakes.....				
32. Doesn't listen or pay attention .....				

	Often	Sometimes	Rarely	Never
33. Forgetful.....				
34. Difficulties remaining still at home/school.....				
35. Physically or verbally abused by other children.....				
36. Is too angry when not getting own way; temper tantrums.....				
37. Eating problems.....				
38. Nail biting.....				
39. Thumb sucking.....				
40. Pouts.....				
41. Sibling rivalry.....				
42. Expresses suicidal thoughts.....				
43. Poor toilet habits, soils clothing.....				
44. Shows off in a daring or dangerous manner.....				
45. Fascination with fire.....				
46. Destroys objects (toys, furniture, etc.).....				
47. Abusive with animals.....				
48. Associates with others who have bad reputations.....				
49. Steals.....				
50. Inappropriate sexual interest.....				
51. Refuses or afraid to go to school or social activity.....				
52. Runs away or threatens to run away.....				
53. Uses drugs/alcohol.....				
54. Threatens or attempts to hurt others with dangerous objects.....				

List any additional behavior of your child which you feel indicates tension or stress or is of concern to you:

**WHEN TO BE CONCERNED:**

Review the checks you have put in any Often or Sometimes column.

Any single check in the “Often” column is sufficient to alert you to the possibility that your child is experiencing serious difficulty in adjustment. If you have checked as many as three (3) behaviors in the “Often” column or five (5) in the “Sometimes” column your child is more than likely experiencing a significant degree of difficulty. **Cause for concern is also warranted if you even checked “Rarely” on any items 42 through 54.**

**WHAT TO DO IF YOU’RE CONCERNED:**

**Consultation with Dr. Earl Saltzman or your child’s physician can help determine the meaning and seriousness of your child’s behavior.** Early attention is important. Remember, many symptoms and behaviors can indicate not only present problems, but may also be early warnings of later, more serious problems. You can be helped to determine whether:

- The behavior is normal for that age
- The problem is temporary
- The behavior is related to serious emotional or family issues
- Without specific help the behavior or stress are likely to persist