

## Parent Assessment Questionnaire

There's no question that raising children these days can be frustrating at times and even overwhelming. There are also times when you're not sure whether your child is acting in ways that are normal for children in general or whether they are wrestling with an issue that could benefit from professional help.

The following brief questionnaire is intended to help you decide whether you could benefit from calling a professional at Youth Dynamics (YDI). The questionnaire is of course confidential as is any contact you have with YDI. If after reading through the questions, you find yourself answering yes to any of them, it may be time to seek YDI's assistance.

- 1) Have you noticed any changes in your child's eating or sleeping habits in the last 6 months?
- 2) Have there been any recent problems at your child's school, either with his/her grades or disruptive behavior?
- 3) Do you find yourself getting increasingly frustrated with your child's behaviors and/or attitudes?
- 4) Has your child begun teasing or hurting brothers, sisters, other children or pets?
- 5) Have you begun noticing any behavior around the house that you would describe as odd or unusual compared to how your child usually acts?
- 6) Has your child received any mental health services in the past?
- 7) Do you find yourself getting more and more preoccupied by your child's behavior?
- 8) Have your child's usual behaviors changed significantly over the last several months?
- 9) Have there been any recent traumatic events in your child's life, such as a death in the family, the child witnessing or being subjected to any type of violence or abuse?
- 10) Has your child talked about harming him/herself or actually has harmed him/herself in recent months?