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

CPP Symptom Screener
**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