

CAUSES OF CHILD BEHAVIOUR PROBLEMS CHECKLIST

Genetic Make-up

What was your child like as an infant?

- Liked to be with people, demanded lots of attention
- Easily upset, difficult to settle, distressed by sudden change
- Very active, busy, energetic, difficult to control

Family Environment

Do any of these apply to your family?

- | | | | |
|--------------------------------|--------------------------|---------------------------------|--------------------------|
| • Accidental rewards | <input type="checkbox"/> | • Ineffective use of punishment | <input type="checkbox"/> |
| • Child escalates | <input type="checkbox"/> | • Unhelpful beliefs | <input type="checkbox"/> |
| • Parent escalates | <input type="checkbox"/> | • Parents' relationship | |
| • Ignoring desirable behaviour | <input type="checkbox"/> | with each other | <input type="checkbox"/> |
| • Watching others' bad habits | <input type="checkbox"/> | • Parent's emotions | <input type="checkbox"/> |
| • How instructions are given | <input type="checkbox"/> | • Stress | <input type="checkbox"/> |
| • Emotional messages | <input type="checkbox"/> | | |

Influences Outside the Home

Are you concerned about any of these community influences on your child's behaviour?

- Peers and friends
- School
- Media and technology

Other

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