

BEHAVIOR PROBLEM CHECKLIST

- ✓ Has my child eaten enough today?
- ✓ Has my child had enough sleep?
- ✓ Has my child had enough active play?
- ✓ Is my marriage OK?
- ✓ Is my child safe?
- ✓ Am I providing consistency?
- ✓ Are there major changes?
- ✓ Am I allowing too much screen time?
- ✓ Is my child's body functioning properly?
- ✓ Do I need outside professional help?
- ✓ Am I too distracted?
- ✓ Does my child have sensory needs?
- ✓ Do my kids know what to expect?
- ✓ Am I modeling the behavior I want?
- ✓ Am I spoiling my child?
- ✓ Are we too busy?