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?

meaningful mama