

A Little Help For Big Feelings

A checklist for your child's next doctor visit



Big feelings can be hard for kids to manage. Your child's doctor can help.

How your child behaves on the outside may be connected to how they feel on the inside. If you feel concerned about the behavior you see, a little help can make a big difference.

Take this checklist to your child's next doctor appointment. You can talk with your child's doctor about what you're seeing and learn about support that can help your child work through big feelings.

1. What behaviors are you seeing?

If you are concerned about behaviors like the ones listed below, talk to your child's doctor for support.

- ☐ Temper tantrums
- ☐ Not listening
- ☐ Mood swings
- ☐ Being very shy
- ☐ Getting upset when away from family members
- ☐ Hitting, biting, or pulling hair
- ☐ Being too attached to screens
- ☐ Struggling to switch from one activity to another
- ☐ Challenges learning to use the toilet
- ☐ Trouble sleeping or waking up with nightmares

Other: _____

2. How often do you see these behaviors?

- ☐ More than once a day
- ☐ Every day
- ☐ A few times a week
- ☐ Not often, but I'd like to learn more
- ☐ Just once

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3. How does the behavior make you feel?

- ☐ Very upset. I don't know how to help my child.
- ☐ Stressed, but OK. We are learning to work through it.
- ☐ Not too concerned. This seems normal for now.

4. What kind of support are you most interested in learning about?

- ☐ Meeting with a provider who is specially trained in children's behavior
- ☐ Resources and information I can take home
- ☐ Coaching to help me learn how to respond to my child's behavior
- ☐ Family counseling to help us learn to work through challenges together

5. What else should your child's doctor know?

Do behaviors happen at certain times of the day? Or in specific places? What else do you want your child's doctor to know?

Together with our partners, we're helping families get connected to support to help young children grow and thrive.



Visit www.healthshareoregon.org/bigfeelings to learn more about getting support to help your child learn to manage big feelings in healthy ways.