

## Causes of Child Behaviour Problems Checklist

### Genetic make-up

What was your child like as a baby?

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

  
  

### Health

Do you have any of these concerns about your child?

- Hearing problems
- Poor diet
- Illness

  
  

### Family environment

Do any of these apply to your family?

- Accidental rewards for misbehaviour
- Child escalates
- Parent escalates
- Ignoring good behaviour
- Watching others' bad habits
- How instructions are given
- Emotional messages
- Punishment that does not work
- Unhelpful beliefs
- Unrealistic expectations
- Parents' relationship with each other
- Parents' feelings
- Stress

  
  
  
  
  
  
  
  
  
  
  
  

### Influences outside the home

Are any of these a concern for your family?

- Friends
- School
- Media and technology

  
  

### Other factors

List any other influences on your child's behaviour

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