

## INFANCY CHECKLIST

The following list highlights key topics to consider in promoting infant mental health. These topics may be discussed selectively during office visits, depending on the needs of the infant and family.

### Self

- \* Temperament, including
  - Uniqueness of the infant's temperament
  - "Goodness-of-fit" between infant temperament and parenting style and expectations

### Self: Regulation

- \* Feeding, including
  - Breastfeeding
  - Solid foods
  - Self-feeding
  - Feeding difficulties
- \* Sleep, including
  - Sleep patterns
  - Bedtime routines
- \* Infant distress, including
  - Body language
  - Crying

### Family

- \* Family formation, including
  - Preparation for the new infant
  - Preparing older children for the arrival of the infant
  - Support for parents in the first year
  - Postpartum mood disorders
  - Families at risk for social-emotional difficulties
- \* Attachment, including
  - Reading infant cues
  - Providing nurturing responses

### Community

- \* Stimulation, including
  - Play
  - Cognitive development
  - Stimulating environments
- \* Child care, including
  - Selecting a child care provider
  - Concerns about child care

### Bridges

- \* Opportunities for early identification and intervention, including
  - Anxiety disorders
  - Child maltreatment
  - Domestic violence
  - Insecure attachment
  - Mental retardation
  - Mood disorders
  - Parental depression
  - Pervasive developmental disorders
  - Postpartum mood disorders

## EARLY CHILDHOOD CHECKLIST

The following list highlights key topics to consider in promoting mental health in early childhood. These topics may be discussed selectively during office visits, depending on the needs of the child and family.

### Self

- \* Sleep patterns and bedtime routines
  
- \* Eating, including
  - Healthy eating
  - Self-feeding
  - Picky eating
  - Family meals
  
- \* Toilet learning, including
  - Signs of readiness
  - Parents' concerns
  - Children's fears
  
- \* Self-care, including
  - Encouragement of independence in feeding, dressing and bathing
  
- \* Emotions, including
  - Increasing self-control
  - Tantrums
  - Aggression
  - Fears

### Family

- \* Parent-Child relationship, including
  - Self-esteem
  - "Goodness-of-fit" between parents' expectations and child's temperament
  - Praise
  - Limit setting
  - Discipline
  
- \* Sibling relationships, including
  - Preparation for new siblings
  - Cooperation
  - Conflict resolution

### Friends

- \* Playmates (typically 3 years of age and older)

### Community

- \* School readiness
- \* Child care

### Bridges

- \* Opportunities for early identification and intervention, including
  - Anxiety disorders
  - Attention deficit hyperactivity disorder (ADHD)
  - Child maltreatment
  - Domestic violence
  - Learning disorders
  - Mental retardation
  - Mood disorders (depression and bipolar disorder)
  - Obesity
  - Oppositional and aggressive behaviors
  - Parental depression
  - Pervasive developmental disorders

## MIDDLE CHILDHOOD CHECKLIST

The following list highlights key topics to consider in promoting mental health in middle childhood. These topics may be discussed selectively during office visits, depending on the needs of the child and family.

### Self

- \* Self-esteem, including
  - Fostering success
  - Taking reasonable risks
  - Resilience and handling failure
  - Parental verbal abuse
  - Importance of supportive family and peer relationships to self-esteem
  
- \* Self-image, including
  - Body image
  - Prepubertal changes
  - Initiating discussions about sexuality and reproductive health

### Family

- \* What matters at home, including
  - Expectations and limit-setting
  - Family time together
  - Communication
  - Family responsibilities
  - Family transitions—divorce, blended families
  - Sibling relationships

### Friends

- \* Friendships, including
  - Making friends
  - Aggression and bullying
  - Victims of bullying
  - Family support of friendships

### Community

- \* School, including
  - Expectations for school performance
  - Homework
  - Child-teacher conflicts
  
- \* High-risk behaviors and environments, including
  - Absenteeism
  - Substance abuse (e.g., alcohol, tobacco, and other drugs)
  - Unsafe friendships
  - Unsafe community environments

### Bridges

- \* Opportunities for early identification and intervention, including
  - Anxiety disorders
  - Attention deficit hyperactivity disorder
  - Child maltreatment
  - Domestic violence
  - Eating disorders
  - Learning problems and disorders
  - Mental retardation
  - Mood disorders: depressive disorders and bipolar disorder
  - Obesity
  - Oppositional and aggressive behaviors
  - Parental depression
  - Pervasive developmental disorders
  - Substance use disorders

## ADOLESCENCE CHECKLIST

The following list highlights key topics to consider in promoting mental health in adolescence. These topics may be discussed selectively during office visits, depending on the needs of the adolescent and family.

### Self

- \* Self-esteem, including
  - Parental support
  - Peer influence
  - Resilience and handling failures
- \* Mood, including
  - Stability of moods
  - Depression
  - Suicidal ideation and behaviors
- \* Body image, including
  - Physical appearance
  - Weight
- \* Sexuality, including
  - Sexual development/puberty
  - Sexual behavior
  - Sexual identity
  - Parental expectations and communication
  - Prevention of sexually transmitted diseases, including HIV/AIDS
  - Pregnancy
  - Sexual abuse and rape

### Family

- \* Independence and responsibility, including
  - Importance of family support in adolescence
  - Increased independence
  - Increased influence of peers
  - Parental expectations and limit-setting
  - Family conflict

### Friends

- \* Peer relationships, including
  - Peer support
  - Peer influence

### Community

- \* School, including
  - Transition from middle school/junior high school to high school
  - Academic success
  - Homework
  - Extracurricular activities
  - Absenteeism, dropping out
  - Transition from high school to college or work
- \* High-risk behaviors and risk factors, including
  - Substance abuse
  - Violent behaviors
  - Firearm use
  - Exposure to violence

### Bridges

- \* Opportunities for early identification and intervention, including
  - Anxiety problems and disorders
  - Attention deficit hyperactivity disorder
  - Child maltreatment
  - Eating disorders
  - Learning problems and disorders
  - Mental retardation
  - Mood disorders: depressive and bipolar disorders
  - Obesity
  - Oppositional and aggressive behaviors
  - Parental depression
  - Pervasive developmental disorders
  - Substance use