

Twelve Questions Every Parent Should Ask

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Does my child often seem sad, tired, restless or out of sorts?

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Does my child have low self-esteem?

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Does my child have frequent outbursts of shouting, complaining or crying?

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Does my child show sudden changes in eating patterns?

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Does my child have trouble paying attention or concentrating on tasks like homework?

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Does my child show signs of using drugs and/or alcohol?

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Does my child spend a lot of time alone?

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Does my child have trouble getting along with family, friends or peers?

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Does my child have trouble performing or behaving in school?

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Does my child sleep too much or not enough?

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Does my child seem to have lost interest in hobbies?

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12

Does my child talk about death or suicide?



If you answered yes to any of these questions, and these behaviors last longer than two weeks, you should seek professional help for your child. If you have questions about your child's behavior, or if you would like information on where to get help for your child, please call the Parent Helpline at 2-1-1 in Hillsborough County or call 813-234-1234 from a cell phone. The call is free and confidential. A complete warning sign checklist for parents is available at www.childrensboard.org (click on the family resources/THINK section).

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