



Recognizing symptoms is key!

- ▶ Family awareness and early identification are often the first steps to effective treatment for children and youth.
- ▶ Parents are usually the first to recognize that their child is challenged by emotions or behavior. Still, the decision to seek professional help can be difficult and painful for a parent.
- ▶ The first step is to gently try to talk to your child. An honest open talk about feelings can often help. Parents may choose to also consult with teachers, members of the clergy, family members or other adults who know the child well for additional input.
- ▶ Following are a few signs which may indicate that a child and adolescent wellness check will be useful...



Younger Children

- ▶ Marked fall in school performance
- ▶ Poor grades in school despite trying very hard
- ▶ Severe worry or anxiety, as shown by regular refusal to go to school, go to sleep or take part in activities that are normal for the child's age
- ▶ Frequent physical complaints
- ▶ Hyperactivity; fidgeting; constant movement beyond regular playing with or without difficulty paying attention
- ▶ Persistent nightmares
- ▶ Persistent disobedience or aggression (longer than 6 months) and provocative opposition to authority figures
- ▶ Frequent, unexplainable temper tantrums
- ▶ Threatens to harm or kill oneself

If problems persist over an extended period of time or if others involved in your child's life are concerned, consider speaking with your doctor about seeking a consultation with a child and adolescent psychiatrist or a trained mental health professional.



Children's Mental Health Ontario
Santé mentale pour enfants Ontario



Canadian Mental
Health Association
Mental health for all

What Can I Do As a Parent?

- ▶ Build a **strong working relationship** with school staff
- ▶ **Communicate** any concerns, observations, suggestions to school staff
- ▶ **Update** the school team on any appointment outcomes, assessment and intervention suggestions from professionals
- ▶ **Work together** on creating a student action plan that puts your child at the centre

Remember the goals are the same...
to help your child be as successful as they
can be at school!