



★ **COMMUNITY**
★ **GUIDANCE**
★ **SUPPORT**

WHEN TO GET HELP FOR THE CHILDREN

Deployment and reunions affect children differently, and some may do better with professional help. If teachers or other concerned adults say they're worried about your child or if your child shows any of the following signs of stress, consider speaking with a healthcare professional.

 Check off the behaviors that apply:

- | | |
|---|--|
| <input type="checkbox"/> Anger, irritability, temper tantrums, biting, hitting, kicking, or other aggressive behavior | <input type="checkbox"/> Inability to cope, expressions of feeling overwhelmed |
| <input type="checkbox"/> Uncontrolled crying | <input type="checkbox"/> Refusal to attend school or participate in activities |
| <input type="checkbox"/> Behavior that is out of character | <input type="checkbox"/> Extreme worry or anxiety |
| <input type="checkbox"/> Withdrawal from people | <input type="checkbox"/> Frequent nightmares, sleep problems |
| <input type="checkbox"/> Depression or persistent sadness | <input type="checkbox"/> Use of alcohol, drugs, or sex to escape |
| <input type="checkbox"/> Attention problems, hyperactivity | <input type="checkbox"/> Little energy for, or interest in, anything |
| <input type="checkbox"/> Unusual difficulty with schoolwork | <input type="checkbox"/> Increased physical complaints |

Keep a log for five days of any behavior that especially concerns you.

	Time of Day	What Happened	What You Did	How Your Child Reacted
Day One				
Day Two				
Day Three				
Day Four				
Day Five				

Are there other times, days, or events that were noteworthy?

Are there certain times or places that trigger this behavior?

Ask other people close to your child if they've observed similar conduct. Write down what they've seen.

Show the log and these additional comments to a professional or use them for reference.



Photos of Military Personnel Courtesy of U.S. Army