



EAP Notes

Recognizing Your Child's Emotional Needs

It's often said that being a parent is the *hardest job in the world*. In addition to helping with homework, lining up play dates and teaching values and morals, parenting involves recognizing when something just isn't *right* with your child. Many children and adolescents have emotional problems that interfere with their normal development and daily life activities. These issues can be mild to severe, some lasting for only a short period of time, while others, potentially, last a lifetime. Some common symptoms include:

Young Child:

- Significant decline in school performance or refusal to attend school on a regular basis
- Withdrawal from activities, friends and family or refusal to take part in school/family activities
- Sleep disturbances including night terrors, nightmares, insomnia and hypersomnia
- Hyperactivity
- Continuous or frequent aggression or *acting out* for periods longer than six months
- Continuous or frequent rebellion for periods longer than six months
- Excessive worry and/or anxiety
- Excessive, regular temper tantrums without explanation

Adolescent Child:

- Significant decline in school performance and/or skipping school
- Social withdrawal from activities, friends and family
- Substance abuse (alcohol and/or drugs)
- Sleep disturbances including night terrors, nightmares, insomnia and hypersomnia
- Depression including poor mood, negativity and mood swings
- Appetite changes including refusal to eat, excessive eating, food rituals, bingeing and purging
- Continuous or frequent aggression, anger and/or rebellion lasting longer than six months
- Excessive worry, anxiety and/or physical complaints
- Self injurious behaviors and/or threats to self and others
- Thoughts of death and/or talk of suicide
- Running away or threatening to run away
- Destructive behaviors such as vandalism and other criminal activity
- Excessive lying and/or cheating

Most children who experience emotional or behavioral problems can return to normal daily activities, if they receive assistance. Best Care's professional counselors can help you and your child overcome these difficulties. For a confidential appointment please call, 402-354-8000 / 800-666-8606 or contact us at www.BestCareEAP.org .

Source: Greystone Health Information

Best Care
EMPLOYEE ASSISTANCE PROGRAM
