

# Attachment Center of Kansas

316-688-9850/www.ksattach.us

## Mental Health Checklist for Children 18 months to 5 years

1 out of 5 children, 3 to 17, have a mental health disorder and up to 80% are not receiving the mental health services they need. Untreated mental health problems can have a significant and long term impact on development, emotional and physical health, learning and quality of life. To help address this crisis, the Attachment Center of Kansas is providing this brief screening tool designed to identify children that are showing signs of needing more thorough mental health screening or assessment.

Please circle the number that best describes your child:

0-Never 1-Sometimes 2-Often

1. Seems sad, cries a lot	0	1	2
2. Is difficult to comfort when hurt or distressed	0	1	2
3. Loses temper too much	0	1	2
4. Avoids situations that remind of scary events	0	1	2
5. Is easily distracted	0	1	2
6. Hurts others on purpose (biting, hitting, kicking)	0	1	2
7. Doesn't seem to listen to adults talking to him/her	0	1	2
8. Battles over food and eating	0	1	2
9. Is irritable, easily annoyed	0	1	2
10. Argues with adults	0	1	2
11. Breaks things during tantrums	0	1	2
12. Is easily startled or scared	0	1	2
13. Tries to annoy people	0	1	2
14. Has trouble interacting with other children	0	1	2
15. Fidgets, can't sit quietly	0	1	2
16. Is clingy, doesn't want to separate from parent	0	1	2
17. Is very scared of certain things (needles, insects)	0	1	2
18. Seems nervous or worries a lot	0	1	2
19. Blames other people for mistakes	0	1	2
20. Sometimes freezes or looks very still when scared	0	1	2
21. Avoids foods that have specific feelings or tastes	0	1	2
22. Is too interested in sexual play or body parts	0	1	2
23. Runs around in settings when should sit still (school, worship)	0	1	2
24. Has a hard time paying attention to tasks or activities	0	1	2
25. Interrupts frequently	0	1	2
26. Is always "on the go"	0	1	2
27. Reacts too emotionally to small things	0	1	2
28. Is very disobedient	0	1	2
29. Has more picky eating than usual	0	1	2
30. Has unusual repetitive behaviors (rocking, flapping)	0	1	2
31. Might wander off if not supervised	0	1	2
32. Has a hard time falling asleep or staying asleep	0	1	2
33. Doesn't seem to have much fun	0	1	2
34. Is too friendly with strangers	0	1	2
35. Has more trouble talking or learning to talk than other children	0	1	2
36. Is learning or developing more slowly than other children	0	1	2

A score of 18 or above indicates a strong possibility that your child is struggling with mental and/or emotional problems. Seek out help from a mental health professional with training in children's mental health.