

## **Getting help for your child**

Some children have emotional and behavioural problems that are mild, short-lived and can be resolved with minimal help and support. Others may have difficulties that seem more serious, and interfere with everyday life. Their emotions or behaviour seem to be different to other children of their age. When problems occur for more than a few weeks and interfere with school, home, friendship or daily life, it is probably time to seek assistance.

**The following signs may indicate your child has a difficulty that needs professional attention:**

- Frequent, unexplained temper tantrums
- Unusual fears
- Sadness and feelings of hopelessness that don't go away
- Avoiding friends or family and wanting to be alone most of the time
- Refusing to go to school on a regular basis
- Inability to get along with other young people
- Hyperactive behaviour or constant movement beyond regular playing
- Noticeable decline in school performance
- Frequent aggressive reaction
- Severe difficulties with concentration, attention, or organisation
- Significant changes in behaviour over a short period of time.

**Things to take into account when deciding on the need for treatment include:**

- 1) How severe the symptoms are – how much distress they cause and how often they occur
- 2) How much impact the symptoms have on your child at home, at school and elsewhere
- 3) How your child's behaviour compares with that of other children the same age
- 4) Any particular experiences within your child's family, school, community or culture that may be influencing the behaviours of concern
- 5) How the difficulties are affecting your child's behaviour, emotions, thoughts, learning and social relationships

If you are concerned that your child has excessive worries, fears, or feels "bad" about her/himself and you are not sure how to go about getting help, try the following steps:

### **Find out more**

Talk to teachers or others who have regular contact with your child and find out if they have concerns about your child.

**Talk to the school psychologist/social worker or speech pathologist**

The psychologist, social worker or speech pathologist at Kilberry Valley Primary School can listen to your concerns and discuss options for helping your child at home and at school. To make an appointment to see these Allied Health Professional please contact Zania Cope (Assistant Principal in charge of Welfare). Please be aware that there is a waiting list to have access to these professionals.

**See your General Practitioner**

Your doctor can help you decide about the need for mental health assessment and treatment and refer you to a children's mental health specialist if required.