PARENT REFLECTION

When to Seek Help

A judgment-free guide for noticing concerns and choosing a next step.

This is not a diagnostic test. You do not need to be sure what is happening to ask questions. Use this guide to gather observations before talking with a pediatrician, school professional, or clinician.

1 What have I been noticing?

- [ ] Worries, fears, or avoidance that seem hard to manage
- [ ] Frequent intense emotional or behavioral outbursts
- [ ] Changes in sleep, appetite, energy, or mood
- [ ] School, learning, attention, or friendship difficulties
- [ ] Physical complaints without an obvious explanation
- [ ] My child seems distressed or says they need help

2 How is this affecting everyday life?

How long have I noticed this?

Where does it happen? Home / school / activities / elsewhere

How is it affecting sleep, learning, friends, or family life?

A concern does not need to be an emergency to deserve attention. If something feels persistent or hard to manage, it is reasonable to reach out.

YOUR NEXT STEP

A Thoughtful Next Step

Use this page to organize a conversation and find the type of support that fits.

1 Choose a place to start

- [ ] Learn and observe

  Use a parenting resource, keep notes for a week, and revisit what you notice.

- [ ] Talk with someone familiar

  Ask a teacher, school counselor, or pediatrician what they observe and recommend.

- [ ] Ask about assessment

  When concerns persist, intensify, or affect daily life, ask a qualified provider about an evaluation.

2 Questions I want to ask

What am I most concerned about?

What changes have I noticed, and when did they begin?

What kind of support or evaluation might be appropriate?

Safety comes first. If your child talks about hurting themselves or someone else, or behavior is immediately unsafe, seek help right away. In the U.S., call 911 for immediate danger; call or text 988 for a mental health crisis.