

## Early Childhood Checklist

The following list highlights key topics to consider in promoting mental health in early childhood. These topics may be discussed selectively during office visits, depending on the needs of the child and family.

### Self

- Sleep patterns and bedtime routines
- Eating, including
  - Healthy eating
  - Self-feeding
  - Picky eating
  - Family meals
- Toilet learning, including
  - Signs of readiness
  - Parents' concerns
  - Children's fears
- Self-care, including
  - Encouragement of independence in feeding, dressing, and bathing
- Emotions, including
  - Increasing self-control
  - Tantrums
  - Aggression
  - Fears

### Family

- Parent-child relationship, including
  - Self-esteem
  - "Goodness-of-fit" between parents' expectations and child's temperament
  - Praise
  - Limit setting
  - Discipline
- Sibling relationships, including
  - Preparation for new siblings
  - Cooperation
  - Conflict resolution

### Friends

- Playmates (typically 3 years of age and older)

### Community

- School readiness
- Child care

### Bridges

- Opportunities for early identification and intervention, including
  - Anxiety disorders
  - Attention deficit hyperactivity disorder (ADHD)
  - Child maltreatment
  - Domestic violence
  - Learning disorders
  - Mental retardation
  - Mood disorders (depression and bipolar disorder)
  - Obesity
  - Oppositional and aggressive behaviors
  - Parental depression
  - Pervasive developmental disorders

### Notes

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