

## Middle Childhood Checklist

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

### Self

- Self-esteem, including**
  - Fostering success
  - Taking reasonable risks
  - Resilience and handling failure
  - Parental verbal abuse
  - Importance of supportive family and peer relationships to self-esteem
- Self-image, including**
  - Body image
  - Prepubertal changes
  - Initiating discussions about sexuality and reproductive health

### Family

- What matters at home, including**
  - Expectations and limit setting
  - Family time together
  - Communication
  - Family responsibilities
  - Family transitions—divorce, blended families
  - Sibling relationships

### Friends

- Friendships, including**
  - Making friends
  - Aggression and bullying
  - Victims of bullying
  - Family support of friendships

### Community

- School, including**
  - Expectations for school performance
  - Homework
  - Child-teacher conflicts

- High-risk behaviors and environments, including**
  - Absenteeism
  - Substance use (e.g., alcohol, tobacco, and other drugs)
  - Unsafe friendships
  - Unsafe community environments

### Bridges

- Opportunities for early identification, including**
  - Anxiety disorders
  - Attention deficit hyperactivity disorder
  - Child maltreatment
  - Domestic violence
  - Eating disorders
  - Learning problems and disorders
  - Mental retardation
  - Mood disorders: depressive disorders and bipolar disorder
  - Obesity
  - Oppositional and aggressive behaviors
  - Parental depression
  - Pervasive developmental disorders
  - Substance use disorders

### Notes

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