

**H1- "Getting the Lay of the Land"**  
**The 26 Areas of Behavioral Health Problems for Very Young Children (under 6)**  
August 2020

**Behavioral Problems**

- 1. Attention**
  - a. Identifying what is important, sustaining attention, resisting distraction, being organized, forgetting information, losing items, poor follow through on tasks
- 2. Impulse control**
  - a. Trouble inhibiting action, interrupts others, intrudes on conversations, violates boundaries (goes where they shouldn't go) of others' belongings
- 3. Hyperactivity**
  - a. Can't sit still, need to be in motion, fidgetiness
  - b. Seeking physically and emotionally thrilling activities
  - c. Can become easily over aroused and then overly active, loud, difficult to settle
- 4. Oppositional Behavior**
  - a. Defiance
  - b. Prickly, easily upset, doesn't like change, resistant
  - c. Blames others, refuses to take responsibility for actions, vindictive, easily annoyed
  - d. Due to troubled parent/child relationship but not present in other relationships
- 5. Aggression**
  - a. Verbal
  - b. Physical

**Mood and Anxiety Problems**

- 6. Mood problems**
  - a. Depressed mood
  - b. Angry or irritable mood
  - c. Elevated, overly enthusiastic mood
  - d. Significant reaction to loss (too big, too long, interfere with functions)
  - e. Quantity of emotion
  - f. Stability of emotion
  - g. Slope of escalation of quantity of mood
- 7. Anxiety**
  - a. Over aroused alert/alarm system, feel on edge, nervous
  - b. Content of worry or thoughts
  - c. Pattern of behaviors to try to minimize arousal (avoidance, rituals, defenses)

**Odd or Illogical Thinking Problems**

- 8. Thought problems**
  - a. Hallucinations
  - b. Delusions
  - c. Disorganization of thought
- 9. Obsessions, ruminations, rituals**
  - a. Can't get the thoughts or pictures out of their head
  - b. Try to do behaviors to decrease the suffering from the anxiety

- c. Some of the behaviors can be elaborate

### **Body Movement Problems**

- 10. Movement dyscontrol**
  - a. Flapping
  - b. Tremors
  - c. Stiffness or cramping
- 11. Tics**
  - a. Motor movements
  - b. Noises, words, grunts, snorts

### **Body Rhythm Problems**

- 12. Sleep**
  - a. Insomnia
    - Initial
    - Middle
    - Terminal
  - b. Phase shift
  - c. Nightmares
  - d. Night terrors
- 13. Eating**
  - a. Appetite
  - b. Intake and weight
  - c. Satiety mechanisms
  - d. Food choice and nutrition
- 14. Elimination**
  - a. Enuresis
  - b. Encopresis

### **Information Processing Problems**

- 15. Learning problems**
  - a. Information processing problem- auditory, visual, tactile, proprioceptive, sensory motor integration
  - b. Problem solving
  - c. Learning from experience
- 16. Speech and language**
  - a. Receptive, expressive
  - b. Speech production- apraxia
  - c. Social communication
  - d. Non-verbal communication
- 17. Coordination of motor activity**
  - a. Fine motor
  - b. Gross motor
- 18. Sensory integration-** auditory, visual, tactile, vibratory, vestibular, proprioceptive
  - a. Accurate sensing
  - b. Integrating, interpreting, and storing
  - c. Handling excessive stimulation (noises, brightness, vibration, positional changes)

**19. Cognition and memory problems**

- a. Low IQ

**Social Interaction Problems**

**20. Social reasoning**

- a. Awareness of others thoughts, feelings, experiences, Theory of Mind, empathy, ability to predict other's reactions and next actions
- b. Social knowledge, judgment, understanding, interactions, drive, skill, communication, social problems solving skills
- c. Differential relationships-family, romantic, friendly, acquaintances, response to new people
- d. Feeling of "Belonging"

**21. Attachment**

- a. To primary caregiver
  - i. 4 types- secure, insecure, avoidant, chaotic
- b. Reactive attachment problems
  - i. Indiscriminate attachment
  - ii. Inhibited attachment
- c. Loss and bereavement

**22. Parent/Child Relational Problems (some of these also occur in Teacher/child relationships)**

- a. Over involved pattern
- b. Under involved pattern
- c. Anxious/tense pattern
- d. Angry/hostile pattern
- e. Verbally abusive pattern
- f. Physically abusive pattern
- g. Sexually abusive pattern
- h. Temperamental mismatch (see Recognized Complex Behavioral Health Disorders, Question #8)
- i. Loss of contact with caregiver
- j. Mental illness in caregiver
- k. Substance abuse in caregiver
- l. Death of caregiver

**23. Sexual behavior problems**

- a. Troubling sexual thoughts
- b. Troubling sexual feelings; too strong, not strong enough
- c. Troubling sexual behaviors- paraphilias, coercion of others, compulsions

**Behavioral health conditions due to medical problems**

**24. Behavioral health problems due to medical conditions**

- a. Traumatic head injury
- b. Infection
- c. Hemorrhage
- d. Developmental abnormality
- e. Gastrointestinal difficulties
- f. Cancer

- g. Exposure to toxins, chemicals, or substances
- h. Other
- 25. Behavioral health difficulties due to medication side effects**
  - a. Excessive motor activity
  - b. Sedation
  - c. Irritability or other mood changes
- 26. Pain syndromes and mental health consequences**
  - a. Due to an injury
  - b. No injury/tissue damage identified, yet pain interferes
  - c. Insensitivity to pain