

Behavioural Concerns in Children and Young People

What is it?

Some children act differently to other children. Behaving differently isn't always a problem. But, if your child's conduct is causing stress, worry, harm, or risk – either to your child, or to those around your child – then there is a cause for concern. Examples of concerning actions are:

- Violence
- Aggression
- Being hyperactive
- Hurting themselves when having a tantrum
- Tantrums that happen often or are explosive

There are many reasons why children act in these ways. Sometimes, it's a normal part of development. In many cases, issues are only temporary.

What will my GP do now?

The first step is to work out what may be causing your child's behaviour. Your GP will also:

- Check and treat any underlying health issues – such as glue ear, eczema, constipation, low iron
- Talk about referrals – for assessment and support
- Give you strategies to help manage the behaviour – so you can support your child in between appointments

Your GP may ask to speak with your child alone. Sometimes, children feel more comfortable to open up about their struggles if their parents aren't in the room. Speaking alone can be helpful if there is a bullying or friendship issue.

What will my GP do in the future?

Your GP may ask to see you regularly to assess your child's progress.

Your GP may also discuss the results of any tests, including blood, hearing, and vision tests. If your child's behaviour is not improving, your GP may talk about further referrals.

What can I do?

Treating and managing behaviour concerns takes time and patience. There may not be a 'quick fix'. Try to stay positive through this process.

- Support your child – continue to be attentive and care for them
- Talk to your child – ask if there are any issues with friends or bullies
- Encourage positive behaviour – and set clear consequences for negative conduct
- Look after yourself – this can be a stressful time, so don't forget to care for your health and wellbeing, too

If your child's conduct is related to school, talk to the school. Ask if there are any strategies the school has put into place. Also, consider asking the school how your child is going with their schoolwork. This can be useful for you and your GP.

Supporting yourself

Remember to look after your health, too. Here are some helpful support sites:

HIPPY

hippyaustralia.org.au

Raising Children

raisingchildren.net.au

Families NSW

Love, talk, sing, read, play
resourcingparents.nsw.gov.au

Behavioural Concerns in Children and Young People

What questions could I ask my doctor?

- What can I do to help my child now?
- What can I do to help my child over time?
- When should I make another appointment?
- What happens if my child gets worse?
- How often should I see you?
- How should I respond to my child's behaviour?



What supports are available?

Early intervention programs

South Western Sydney Local Health District Primary and Community Health Psychology provide free assessment and intervention for children 12 years or under for behavioural concerns. This service is based in most of the community health centres. To refer, call 8788 4200

Private health professionals

You can access paediatricians or allied health professionals. Speak to your GP about rebates. Contact your local council about local parenting courses and groups or go to resourcingparents.nsw.gov.au.

Support for babies and toddlers

- Early childhood health centres – arrange health checks through Triple I: phone 1800 455 511
- Karitane – help for families with young children: phone 1300 227 464 or visit karitane.com.au
- Families NSW – for early intervention resources: resourcingparents.nsw.gov.au
- Healthdirect Australia Pregnancy, Birth & Baby – free health advice: phone 1800 882 436 or visit healthdirect.gov.au
- Parent Line NSW – free helpline and advice: phone 1300 130 052 or visit parentline.org.au
- Tresillian – help with sleep and settling: phone 1800 637 357 or visit tresillian.org.au

Where can I find out more?

The following resources can help you to learn more about behaviour:

- Family and Community Services - parenting resources: facs.nsw.gov.au
- Home Interaction Program for Parents and Youngsters: hippyaustralia.org.au
- National Disability Insurance Scheme: ndis.gov.au
- Raising Children's Network: raisingchildren.net.au

This information is to be viewed by someone who has received a diagnosis from their doctor. It is not designed to be used to diagnose a condition or as a substitute for ongoing medical care

Health Resource Directory factsheets are endorsed by South Western Sydney PHN's Community Advisory Committee and local GPs

phn
SOUTH WESTERN
SYDNEY

An Australian Government Initiative