

Do you have concerns about your child's behaviour?

As children grow and develop there will be times when their behaviour can be challenging to manage. Sometimes it can be difficult to know when to seek help.

What can challenging behaviour look like?

Some challenging behaviour could be:

- Refusal to complete age appropriate requests
- Being overly fussy
- Hurting themselves or others
- Excessive anger
- Ongoing tantrums

What can cause challenging behavior?

Some challenging behaviour may be the result of:

- Lack of support when there is a developmental delay (physical, emotional, social or communication) or disability
- Changes to routines
- Poor sleep or diet
- Trauma

When should I get help?

You should seek help if:

- Your child's behaviour is causing challenges in your daily life as a family
- You are concerned about your child's safety or the safety of others
- Your child has difficulties with their learning or completing every day tasks.

Where can I get more information or support?

If you have concerns about your child's behaviour you can contact your:

- Local Child & Family Health Nurse
- Doctor (GP) or Paediatrician
- Community Health Centre



Important points to remember

- You know your child best. If you think something is wrong, seek support
- Seeking help early is best but it is never too late to ask for help
- Take this handout to your Doctor to help discuss your concerns
- Remember you can get a second opinion if you feel your concerns are not being addressed

This resource has been developed by the 'Stronger Seeds Taller Trees' project.

General Practitioners can access further information about this initiative by visiting the South Western Sydney Primary Health Network (PHN) online GP Newsletter.

[South Western Sydney Primary Health Network](https://www.swsphn.com.au)
([swsphn.com.au](https://www.swsphn.com.au))



STRONGER SEEDS, TALLER TREES
Increasing early supports to improve child outcomes

Insert your contact details here