

**The Child Mind Institute gives the following guidelines:**

1. **Identify specific behaviors** that are concerning.
2. **Keep track of how often** the behavior occur and how long they last.
3. **Try to identify if the behavior is typical** for the child's age by talking to their teachers, school counselors and the pediatrician. Here is a [guide](#) to developmental milestones up to age five.
4. **How long has the behavior been occurring?** Is it in response to a stressful event or did it seem to just appear?
5. **How much is it interfering with daily life?** This is probably one of the most important questions to ask yourself. If it is causing problems at school, home, interfering with relationships or preventing your child from participating in their normal activities, it's time to consult a mental health professional.

*Source: Behavioral Health Action Association of Southwestern Connecticut*