

## BEHAVIOURAL PROBLEMS

Behavioural problem	Common Presentation age	Symptoms	Acts
<b>Thumb sucking</b>	6 months to 3 years	Body Identification Feeling of insecurity, loneliness, fear hunger, boredom	<ul style="list-style-type: none"> <li>• Assurance reinforcement</li> <li>• Motivation</li> <li>• Counseling</li> <li>• Behavior modification</li> <li>• Give alternatives continuously</li> </ul>
<b>Breath holding spasms</b>	6 months to 6 years	Due to Pain, fear, anger or frustration the child cries and then holds the breath	<ul style="list-style-type: none"> <li>• Behavior modification</li> <li>• Reassured long term prognosis</li> <li>• Most of the episodes resolve by the time the child is 4 to 5 years old</li> </ul>
<b>Stubborn</b>	Below 5 years	Faulty parenting habits	<ul style="list-style-type: none"> <li>• Give or act immediately if you can, once refused, be firm on same</li> <li>• Uniform parenting</li> </ul>
<b>Media addiction</b>	6 to 20 years	<ul style="list-style-type: none"> <li>• No alternative given</li> <li>• Attractive</li> <li>• Doesn't require</li> </ul>	<ul style="list-style-type: none"> <li>• Other leisure time activities</li> <li>• Inference discussion</li> </ul>

		interaction	<ul style="list-style-type: none"> <li>• Nutritional history</li> <li>• Supervision by parents on content</li> <li>• A guardian or a responsible member of the family present</li> </ul>
<b>Depression</b>	10 to 9 years	<p>Biological</p> <ul style="list-style-type: none"> <li>• Genetic: first degree 10-15%</li> <li>• Brain: Neurotransmitters</li> <li>• Medical illness: 30-50%, drugs</li> </ul> <p>Psychological</p> <ul style="list-style-type: none"> <li>• Distorted thinking Negative and pessimistic</li> <li>• Temperament</li> </ul> <p>Social</p> <ul style="list-style-type: none"> <li>• Parental deprivation</li> <li>• Social stressors: chronic life events</li> </ul>	<ul style="list-style-type: none"> <li>• Supportive relationship</li> <li>• Relieve stress</li> <li>• Cognitive behavioral therapy (CBT)</li> <li>• Rational emotive therapy(RET)</li> </ul>
<b>Conduct Disorder</b>	10 years and above	<ul style="list-style-type: none"> <li>• Aggression</li> <li>• Destruction</li> <li>• Deceitfulness/theft</li> <li>• Serious violation of rules</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid situation</li> <li>• Problem solving skills</li> <li>• Reinforcement</li> <li>• Family therapy</li> <li>• Parent training</li> </ul>
<b>Tics</b>	6 to 16 years	<ul style="list-style-type: none"> <li>• Tension relieving habit disorders involving</li> </ul>	<ul style="list-style-type: none"> <li>• Suppressible by child for short</li> </ul>



		<p>various body movements. For e.g., lip smacking and shrugging of shoulders.</p> <ul style="list-style-type: none"><li>• Repeatedly, quickly, suddenly and uncontrollably</li><li>• Tongue tusting</li><li>• Eye blinking</li></ul>	<p>periods if made conscious or reprimanded</p> <ul style="list-style-type: none"><li>• Never associated with transient inability to interact</li><li>• Tics disappear when child is asleep</li><li>• Rarely tics precipitated in child on stimulant medication</li></ul>
		<ul style="list-style-type: none"><li>• Throat clearing etc.</li></ul>	<ul style="list-style-type: none"><li>• Emotional support</li><li>• Appropriate educational environment</li></ul>
<b>Anxiety</b>	3 to 9 yeras	<ul style="list-style-type: none"><li>• Cannot be reasoned or explained away</li><li>• Beyond voluntary control</li><li>• Leads to avoidance of the feared situation</li><li>• Persists over an extended period of time</li><li>• Overanxious disorder</li><li>• School / college phobia</li><li>• Separation anxiety disorder</li><li>• Social anxiety disorder</li></ul>	<ul style="list-style-type: none"><li>• Explore, modify, minimize, eliminate fears by education and experience</li><li>• counselling</li><li>• Psychotherapy</li></ul>



		<ul style="list-style-type: none"><li>• Selective mutism</li></ul>	
<b>Enuresis</b>	Above 6 years	<ul style="list-style-type: none"><li>• Involuntary passage of urine during sleep after the age of 6 years</li><li>• Usually occurs only once in a night time after about 90 minutes of sleep</li><li>• Children are deep sleepers</li></ul>	<ul style="list-style-type: none"><li>• Removal of any organic cause</li><li>• Minimization of emotional impact in the child</li><li>• No humiliations of punishment</li><li>• Positive reinforcement star calendar</li><li>• Less fluid in the evening</li><li>• Bladder control training</li><li>• Bell and pad alarms</li></ul>

*Quality Care within Reach...*