

CHILD ASSESSMENT WORKSHEET

Your separation and divorce are more difficult for your children than for you and your spouse. Often, children lack the emotional resilience or language capabilities to express the distress they experience. Their feelings emerge in actions and complaints. Divorcing parents must learn to listen with their eyes. Each parent should evaluate each child on a separate sheet. Both parents do not always observe the same events in their children's lives, so work separately. Give a copy of this worksheet to your coach, child specialist, and collaborative attorney.

Have you observed any of the following in your child's life? Please check any that may apply.

Observing Parent: _____ **Child Observed:** _____

	Temper tantrums
	Rejected by peers/ ridiculed by peers
	Bullied or manipulated by peers
	Shyness
	Nightmares
	Bedwetting/soiling at night
	Acts young for his or her age
	Difficulty making friends
	Difficulty keeping friends
	Aggressiveness/picking fights
	Discipline problems at school
	Cruel or malicious to other children or animals
	Delinquent acts (breaking windows, shoplifting, etc.)
	Argues a lot
	Difficulty concentrating
	Restlessness or difficulty sitting still
	Complains of loneliness
	Appears sad, unhappy, or depressed
	Changes in eating habits
	Sleep problems
	Harms self deliberately
	Suicidal thoughts
	Fearful
	Refuses to go to school
	Clingy with parents or caregivers
	Destroys property of self, family, others
	Accident prone
	Complains of physical problems with unknown causes: headache, nausea, aches, rash
	Substance abuse: illegal drugs, prescription drugs, alcohol
	Difficulty changing routines