

Child History for Children under the age of 5 years

Current Functioning :

Please describe the following information about daily life with your young child
Include current and important past information:

Sleep Patterns

Describe bedtime routine

Does s/he sleep through the night? _____

If not how often does s/he wake up? _____

What do you do? _____

Does the child have a bed _____ Crib _____ Does s/he sleep with you? _____

Does s/he take naps? _____

What mood does S/he have when awake? _____

Any concerns about sleep? _____

Eating Patterns:

Was s/he bottle or breast fed? _____

When and how S/he weaned? _____

When were solids introduced? _____ self feeding _____

Any food allergies? _____

What meals do the family share? _____

Any concerns about eating? _____

Current favorite foods: _____

Physical Care:

How does bathing and diapering go? _____

Is s/he toilet trained? _____ How and when did it happen? _____

Does s/he dress self? _____

Any special routine? _____

Child care :

When is the child in day care? _____

Who provides the care? _____

In your home? _____

Family based ? _____ Center based _____

Is this a good situation for your child? _____

How many different child care providers has your child had? _____

How did your child adjust to the changes?

Transitions:

How do you prepare your child for transition to the other parent?

How does the child react to getting ready to say good bye to you ?

If /when upset, what helps your child? _____

How does your child react when s/he returns to you? _____

How do you help him/her? _____

Do you have any concerns about transitions? _____

Parent - Parent Relationship:

How similar are your values in child rearing?

What are the most important differences , if any between you in parenting ?

How often do you communicate to the other parent about this child?

What works best ? In person _____ telephone _____ voice mail _____ email _____
note book _____

What are the issues that you are most concerned about in co-parenting ?

How do you currently resolve parenting differences ?

What is the most important thing we need to know about your child?

ASSESSMENT OF YOUR CHILD'S TEMPERMENT (SEE ATTACHED GUIDE)

NAME OF CHILD _____

NAME OF PARENT _____

YOUR CHILD'S TEMPERMENT IS AN IMPORTANT FACTOR TO CONSIDER WHEN YOU ARE PLANNING FOR SHARED PARENTING ARRANGEMENTS. THE CHILD SPECIALIST WILL GIVE THOUGHT TO THESE FACTORS AND YOUR ASSESSMENT OF YOUR CHILD WILL ADD TO THE CHILD SPECIALIST'S INFORMATION. READ THE GUIDE AT THE BOTTOM OF THE PAGE AND THEN CONSIDER HOW YOU THINK YOUR CHILD RATES ON EACH ITEM BELOW

Rate the child on the following traits. (1 being low 10 high)

Level of activity-----	1	2	3	4	5	6	7	8	9	10
Level of sensitivity-----	1	2	3	4	5	6	7	8	9	10
Level of adaptability -----	1	2	3	4	5	6	7	8	9	10
Level of persistence -----	1	2	3	4	5	6	7	8	9	10
Level of emotional intensity -----	1	2	3	4	5	6	7	8	9	10
Level of predictability-----	1	2	3	4	5	6	7	8	9	10
Level of adventure ness (approach to unknown) --	1	2	3	4	5	6	7	8	9	10

Temperament list

While temperament is most often assessed in very young children, it can be useful to consider the traits as the child grow older as well

Activity level

Some children are more laid back and quiet from the beginning. They are relaxed and don't need to move about a lot. They move slowly and use their hands and their voice more than their feet. At the high end of this scale they are a wiggler They hate to be confined. They play with their whole body and even when watching a video will dance

Sensitivity level

At the low end a child may pay little attention to noises and activity. They don't care if clothes are a little scratchy. They may not react to facial expressions and body language. While the highly sensitive child wakes up with the least noise or light. They notice small sounds and smells. They notice even small changes and get overwhelmed with too much stimulation.

Adaptability Level

On the low end a child doesn't like change. Every kind of transition can be a problem. They find new beginning in school or day care difficult. They have trouble falling asleep and waking up. While the highly adaptable child goes with the flow quickly adjusting to change and accepting limits

Frustration level

On the low end a child has the motto " If at first you don't succeed try and try again. They persist at tasks and learning skills until they master them and appear to like doing it. On the high end a child is easily discouraged and may lose interest if they don't succeed easily They become angry if they can't perform a skill right away and tend to give up.

Level of emotional intensity

At the low end a child is just mellow and relaxed. If they have strong emotions it is rare and pass quickly back to calmness. On the high end is the child of extremes. Pleasure and pain are expressed with the whole body. They love or hate whatever. There are no small feelings

Level of predictability

On the low end a child keeps a random schedule sometimes waking early and some times late, sometimes eats 6 snacks and the next day one big meal .There is no routine in their life. On the high side a child awakens the same time every day and is predictable in many ways, mood living habits

Level of adventureness

On the low end children are cautious about unknown things from toys and foods to people and animals. They are sure that old and known are better. On the high side children move toward the new and unknown to explore and investigate. they are excited by new things and people.