

Behavioral Problems in Children



**Why does my child throw tantrums and
never listen?**

**How is he failing in class, when he is so
smart and intelligent?**

**When will she learn to concentrate and sit
still?**

We often question ourselves what went wrong when our children have problems at school or at home. Today with more awareness and recognition of emotional problems, the management has become easier and effective.

**Let's list common problems noticed by
parents and teachers.**

Educational problems:

- **Most often children with average intelligence face these problems due to stressors at home or at school or due to hyperactivity**
- **It can also be seen in children with low IQ (which is a measure of intelligence carried out by professionals) for their age**
- **Children with learning difficulties (those whose IQ is normal but have difficulty in reading, maths and writing)**

Behavioral / emotional problems:

- **Fear of schools or socializing: these children are anxious and make excuses of physical complaints to avoid school.**
- **Attention problems: here the children are constantly distracted, restless, can't wait their turn, hyperactive, and forgetful.**
- **Bedwetting: children wet themselves while sleeping even after 5 years of age.**
- **Defiant behavior and temper tantrums: children can behave difficult occasionally. But some kids have an ongoing battle of**

defiant, hostile and uncooperative behavior to authority figures.

- **Depression: children can also experience depression when stressed. They frequently complain of physical symptoms such as headaches and stomach aches. Other symptoms like poor concentration, crying spell, excessive anger, and poor school performance may be seen.**

What are the causes?

- 1. Genetic factors**
- 2. Child's temperament.**
- 3. Family conflicts / parental dispute**
- 4. Social environment**

Many factors come together for the child to exhibit emotional difficulties.

What do we do?

Parents often feel frustrated, angry and helpless. When their children face these problems, professional help should be asked for

1. **Medications:** problems like bedwetting, depression and attention deficit disorders can be treated by giving medications.
2. **Play therapy** for children is useful for problems like social anxiety, temper tantrums and breaking bad habits.
3. **Psychotherapy** and family therapy help in gaining insight into the problem and are efficient ways of helping the parents help themselves.
4. **Behavior modification**
5. **Occupational therapy/ speech therapy** or **Special teachers** can be of help.

**Therefore don't hesitate! Treatment is hand.
If in doubt, just consult your neighboring
doctor or counselor for further advice, help
and management.**



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