When considering referring your child to counseling it is always good to review these questions:

· What are the needs of the child?

· What are his/her strengths? Weaknesses?

· Is this a new behavior or concern or something that you have been dealing with over an extended period?

· Is there a time when the behavior/problem seems better/worse?

· What have you found works for you and is effective in helping the child?

· Describe a time when the child may have successfully managed the problem? What skills did the child use? Who may have helped? How can we build on this?

· Who are the people in the child’s life that he/she can use for support?

· What are some ways to restructure the environment providing a positive atmosphere?