

**Behavioral Health Index**  
**Pediatric Care Advice (PCA) handouts 2023**  
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**Behavior Problems**

Behavior Training - Consequences  
Behavior Training - Rules and Discipline Basics  
Biting  
Hitting and Aggressive Behavior  
Incentives for Motivating Children  
Sibling Rivalry Toward a Newborn  
Siblings Arguing  
Spoiled Children - Prevention  
Stubborn Toddler  
Temper Tantrums  
Time-Out Technique  
Whining and Pestering

**Eating Problems**

Appetite Slump - Young Child  
Baby Bottle Tooth Decay - Prevention  
Healthy Weight – Patient Pledge  
Overweight Older Child - Prevention and Treatment  
Overweight Toddler - Preventing Over-Feeding and Over-Eating  
Picky Eater  
Solid Foods (Baby Foods)  
Thin Body Type (Normal Slenderness)  
Weaning From the Bottle - 12 Months or Older  
Weaning From the Bottle - Before 12 Months  
Weaning From the Breast - 12 Months or Older  
Weaning From the Breast - Before 12 Months

**Habit Problems**

Hair Twisting Habit  
Masturbation in Preschoolers  
Nail Biting Habit  
Nose Picking Habit  
Scab Picking Habit  
Thumb Sucking Habit

## **Sleep Problems**

Sleep - Bedtime Resistance  
Sleep - Confusional Arousals  
**Sleep – Day Night Reversal in Newborns**  
Sleep - Early Morning Riser  
Sleep - Nightmares  
Sleep Problem from Feeding Until Asleep  
Sleep Problem from Holding Until Asleep  
Sleep Problems - Prevention  
Sleep Talking  
Sleep Terrors  
Sleeping with Parents (Bed-Sharing) - How to End It  
Sleeping with Parents (Bed-Sharing) - Pros and Cons  
Sleepwalking

## **Stress Related Symptoms**

Abdominal Pain – Stress Related  
Anxiety Attack  
Dizziness - Stress Related  
Headache – Stress Related  
Heart Rate Fast – Stress Related  
Hyperventilation Attack  
Nausea - Stress Related  
School Avoidance  
Sweating – Stress Related

## **Toilet Training Problems**

Bedwetting  
Bedwetting Alarms  
Encopresis – Waiting Too Long Type  
Frequency-Urgency Syndrome  
Stool Smearing  
Toilet Readiness Training  
Toilet Training - How to Start  
Toilet Training Resistance - Constipation from Stool Holding  
Toilet Training Resistance - Encopresis without Constipation  
Wetting – Waiting Too Long Type

## **Miscellaneous Behavioral Health Topics**

Abdominal Pain - Attention Getting Type

Attention Deficit Hyperactivity Disorder (ADHD)

ADHD Student Pledge

Breath-Holding Spell

Colic (Crying Baby)

Developmental Stimulation – Infants and Toddlers

Headache – Attention-Getting Type

Homework Problems - What to Do

Leg Pain - Attention Getting Type

Media Violence – Protecting Your Child

Medical Procedures - Comforting Your Child

Medical Visits – Making Them Easier

Schoolwork Success – How to Encourage

Self- Harm

Spells – Unexplained

Teens – Normal Rebellion

## **Behavioral Health - Prevention Topics – double listing**

Sleep Problems - Prevention

Spoiled Children - Prevention