

Child Behavior Checklist

Checklist · 21 items · 6 sections

This child behavior checklist is a reference tool for parents to identify behavioral, emotional, and social patterns in their child that may warrant a conversation with a pediatrician or child psychologist. It is not a diagnostic tool: always consult a healthcare professional.

Open the editable, AI-powered version online:

<https://genechecklist.com/checklist/child-behavior-checklist>

OPPOSITIONAL & DEFIANT BEHAVIORS

- Frequently argues with adults or authority figures
- Deliberately annoys or upsets others
- Refuses to comply with rules or requests on a consistent basis
- Blames others for mistakes or misbehaviors

EMOTIONAL REGULATION

- Frequent temper outbursts beyond what is typical for the child's age
HIGH
- Intense mood swings: happy to inconsolable quickly
HIGH
- Persistent sadness, hopelessness, or withdrawal lasting more than 2 weeks
HIGH
- Excessive worry or fear that interferes with daily activities
HIGH

SOCIAL DEVELOPMENT

- Difficulty making and keeping friends age-appropriately
HIGH
- Lacks empathy or seems unaware of others' feelings
HIGH
- Prefers to be alone over any social interaction
- Difficulty understanding social rules and expectations

ATTENTION & ACTIVITY

- Short attention span: unable to stay on task for age-appropriate periods
HIGH
- Excessive physical activity that is disruptive: cannot sit still
- Acts before thinking: impulsive decision-making with no awareness of consequences
HIGH

CONDUCT CONCERNS

- Frequent lying or stealing that is beyond typical childhood experimentation
HIGH
- Aggression toward people or animals (hitting, biting, cruelty)
HIGH
- Destruction of property deliberately
HIGH

DEVELOPMENTAL CONCERNS

- Regression: returning to behaviors typical of a younger child (bedwetting, baby talk)
- Academic performance significantly below peers despite effort
- Repetitive behaviors or rituals that cause distress if disrupted
HIGH