## Contents

Pre	eface		vi
Acknowledgements			vii
Abbreviations			
Lis	st of t	ables and boxes	ix
1.	Introduction		
	1.1	Mental health problems in children and adolescents	1
	1.2	71	1
	1.3	1	1
_	1.4	Main causes of mental health problems in childhood	2 4
2.	0 1 1		
	2.1	Assessment Taking into account local culture	4 5
	2.3	Treatment	6
3.	. Making a summary and action plan		
	3.1	Making a summary	9 9
	3.2	Example of an action plan	10
4.	. Development and developmental problems		11
	4.1	1 /	11
		Language delay	16
	4.3 4.4	0	18
	4.4	Reading difficulties Clumsiness	20 22
	4.6	Autism spectrum disorder	25
5.	1		
•	5.1	•	29 29
	5.2	Finding out more about children with intellectual disability	31
	5.3	Helping children with intellectual disability	32
6.	Hab	it disorders	34
	6.1	Feeding problems	34
	6.2	Obesity	37 40
	6.3 6.4	Sleeping difficulties Bed-wetting	40
	6.5	Soiling	47
	6.6	Tics and other jerky movements	50

7	Emotional problems	52
	7.1 Introduction to anxiety problems	52
	7.2 Panic attacks	54
	7.3 Fears and phobias	55
	7.4 Refusal to go to school	57
	7.5 Separation anxiety	60
	7.6 Excessive shyness	62
	7.7 Depression, misery and unhappiness	64
	7.8 Obsessions and compulsions	68
8.	Behaviour and related problems	70
	8.1 Temper tantrums and disobedience	70
	8.2 Hyperactivity and attention problems (ADHD)	72
	8.3 Aggressive behaviour and bullying	76
	8.4 Fire-setting	78
	8.5 Lying	80
	8.6 Stealing 8.7 Truancy	81 84
0	•	
9.	Specific problems in adolescence	87
	<ul><li>9.1 Introduction</li><li>9.2 Sexual development</li></ul>	87 89
	9.3 Self-starvation (anorexia nervosa)	92
	9.4 Self-harm	94
10	D. Alcohol and drug dependency	99
10.	10.1 Alcohol problems	99
	10.2 Drug problems	104
11.	. Psychotic disorders	107
	11.1 Bipolar disorder	107
	11.2 Schizophrenia	109
12.	. Chronic physical illness and disability	112
	12.1 Physical illness and mental health	112
	12.2 Physical disability	115
	12.3 Hearing impairment	117
	12.4 Visual impairment	119
	12.5 Cerebral palsy	121
	12.6 Seizures/fits (epilepsy)	123
	12.7 Diabetes mellitus	127
	12.8 HIV/AIDS 12.9 Sickle cell disease	130 132
	12.10 Mental health aspects of life-threatening illness	
13	5. Physical illness without an identifiable physical explain	
15.	13.1 Assessment of physical symptoms	136
	13.2 Weakness without physical cause	138
	13.3 Stomach aches	140
	13.4 Headaches	142
	13.5 Tiredness/fatigue	145
14.	Stressful situations	148
	14.1 Parental marriage relationships and children	148
	14.2 Grief and loss	151

14.3 Physical abuse	154		
14.4 Sexual abuse	159		
14.5 Emotional abuse	162		
14.6 Neglect	163		
14.7 Children in disasters	166		
14.8 Post-traumatic stress	168		
15. Parents and the needs of children	171		
15.1 Basic physical care	171		
15.2 Secure sense of attachment	171		
15.3 Love and affection	172		
15.4 Age-appropriate stimulation	173		
15.5 Guidance and control	173		
15.6 Encouraging independence	174		
15.7 Respecting the child as a person	174		
15.8 Building self-esteem and confidence	174		
16. Mental health promotion	176		
16.1 Preventing intellectual disability	176		
16.2 Working with teachers	177		
16.3 Anti-bullying programmes in schools	181		
16.4 Social networking	183		
17. Medication	185		
References and suggested reading	187		
Appendix 1: My star chart			
Appendix 2: Guide to medication for use in childhood mental disorders			
Index			