



Children's Mental Health Fact Sheet (6 to 10 years old)

Healthy Development

- More independence from parents and family
- Stronger sense of right and wrong
- Beginning awareness of the future
- Growing understanding about one's place in the world
- More attention to friendships and teamwork
- Growing desire to be liked and accepted by friends
- Rapid development of mental skills
- Greater ability to describe experiences and talk about thoughts and feelings
- Less focus on one's self and more concern for others

Possible Warning Signs

- Decline in school performance
- Poor grades despite strong efforts
- Constant worry or anxiety
- Repeated refusal to go to school or to take part in normal activities
- Hyperactivity or fidgeting
- Persistent nightmares
- Continuous or frequent aggression or acting out
- Continuous or frequent rebellion / temper tantrums
- Depression, sadness or irritability
- Withdrawn
- Avoids friends and family

Resources

- Community Mental Health Centers www.mhmr.ky.gov
- Kentucky Partnership for Families & Children <http://www.kypartnership.net/>
- American Academy of Child and Adolescent Psychiatry <http://www.aacap.org/>
- Federation of Families for Children's Mental Health <http://www.ffcmh.org/>
- Family Support America <http://www.familysupportamerica.org/>
- National Information Center for Children and Youth with Disabilities <http://www.nichcy.org/>

Helping Kentucky's Families and
Youth Thrive