

Here are my "**7 Signs To Look For In Evaluating The Severity Of Your Moody Teens**" A tool for quickly assessing the physical well being of our kids.

1. Is your child reporting any thoughts of wanting to hurt themselves or others? This is a cry for help.
2. Is your teen identifying exclusively with one clique or subculture and pulling away from all other social outlets?
3. Has your child stopped talking to other adults and peers altogether? Appearing socially isolated and blocked you out of any communication with them?
4. Have you started to see a pattern of violent activities such as hitting, vandalism?
5. Have you noticed a sudden disengagement from activities, sports, friends and family?
6. Has your child started to drink alcohol, smoke or do drugs?
7. Have you noticed sleep changes, appetite changes, increase in mood lability (undergoing change/mood swings) and the amount of emotional breakdowns throughout the day with no resolve?

If any of these warning signs are present in your family, you may want to seek out professional help for an evaluation. Remember to always use all of your senses to assess your kids. Look, smell, hear, touch and maybe even taste: (ie. to make sure that their water bottle has water and not vodka). Generally, if you suspect that things aren't right...they usually aren't. A parent's intuition is usually right on target. Don't ever ignore it!

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