

Behavior & Emotional Development Questionnaire for Parents

This questionnaire helps you reflect on your child's emotional and behavioral patterns in everyday life. It covers emotional regulation, social interaction, attention, compliance, and coping strategies. Please answer based on your child's typical behavior over the past month.

Section 1: General Information

- Child's Name: _____
- Age: _____
- Date Completed: _____
- Parent/Guardian Name: _____

Section 2: Emotional Regulation & Expression

Behavior	Rarely	Sometimes	Often
Has frequent emotional outbursts or tantrums	☐	☐	☐
Struggles to calm down after being upset	☐	☐	☐
Expresses emotions in appropriate ways	☐	☐	☐
Becomes easily overwhelmed or anxious	☐	☐	☐
Shows signs of sadness or withdrawal	☐	☐	☐
Uses words to express feelings	☐	☐	☐
Seeks comfort when upset	☐	☐	☐

Section 3: Social Behavior & Relationships

Behavior	Rarely	Sometimes	Often
Plays cooperatively with peers	☐	☐	☐
Shares toys or takes turns	☐	☐	☐
Shows empathy or concern for others	☐	☐	☐
Has difficulty making or keeping friends	☐	☐	☐
Engages in aggressive behavior (e.g., hitting, biting)	☐	☐	☐
Responds appropriately to social cues	☐	☐	☐

Section 4: Attention, Focus & Impulse Control

Behavior	Rarely	Sometimes	Often
Has trouble staying focused on tasks or play	☐	☐	☐
Is easily distracted by surroundings	☐	☐	☐
Fidgets or has difficulty sitting still	☐	☐	☐
Interrupts or talks out of turn	☐	☐	☐
Waits patiently when needed	☐	☐	☐
Follows multi-step directions	☐	☐	☐

Section 5: Compliance, Routine & Coping

Behavior	Rarely	Sometimes	Often
Follows rules and instructions	☐	☐	☐
Accepts limits or boundaries	☐	☐	☐
Responds well to transitions between activities	☐	☐	☐
Reacts strongly to changes in routine	☐	☐	☐
Uses coping strategies when frustrated (e.g., breathing, asking for help)	☐	☐	☐
Demonstrates independence in daily tasks	☐	☐	☐

Section 6: Parent Observations

Please answer the following open-ended questions:

1. What emotional or behavioral concerns do you have about your child?

○ _____

2. What strategies have helped your child manage emotions or behavior?

○ _____

3. Are there specific situations or environments where behavior changes?

○ _____

4. Do you feel your child's emotional or behavioral patterns affect learning or relationships?

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