

# Seven Years Old

Your seven year old may have some behaviors that you find concerning. What's normal? What's not? And what can you do?

## What to Look for

- More quiet, withdrawn and sadder in general (this does not mean they're depressed)
- Worried about war, death, natural disasters, friends, good grades among other things.
- Perfectionism, may repeat tasks multiple times in order to meet their own high standards
- Is very sensitive to rejection and does not want to fail
- May perceive bad situations or happenings as rejection or personal attack and respond dramatically

## When to seek help

- Behavior is significantly different than other children his/her age
- Excessively withdrawn
- Aggressive and engages in conflict with you or other people
- Your child does not socialize and has no friends
- You need support and parenting help
- Your child experiences trauma. Loss, abuse, medical emergency or changes in the home or family environment
- You feel disconnected to your child and stressed about your relationship

## What to do?

No matter what, if you think that something is wrong- reach out. Children who have a safe adult trained in the language of play can facilitate communication and understanding and increase self esteem. A play therapist can help guide parents through the age and stage of SEVEN!

