Dr. David Templeman B.Sc. MD FRCPC DCAP

Child and Adolescent Psychiatry
151 Pine Valley Drive, London, ON N6J 4M2

Ph: 519-435-6499 Fax: 1-866-504-3115 www.doctortempleman.com

Dear parents/caregivers:

Your child has been referred to me by your GP/Paediatrician for an assessment of their emotional and/or behavioural problems. <u>I will be seeing your child for a ONE-TIME consultation only</u>. After I see them, I will send a written report to the referring doctor (it takes about 2 weeks to get there) with my opinion on what's going on and my recommendations on what to do to help. <u>Follow-up will be with the referring doctor</u>. I do not see patients for regular follow-up. When you come to the appointment, it is best if both parents come. If your child requires direct supervision, please try to bring someone who can watch them as I may need to spend some time talking to you without them present.

The questionnaire that follows MUST BE COMPLETED AND RETURNED TO MY OFFICE IN ORDER TO HAVE AN APPOINTMENT SCHEDULED. Whenever possible, the questionnaire should be filled out by **both parents** together. Please make note of any disagreements in ratings beside the item in question. If parents are separated, each parent should complete their own questionnaire based on their experience of the child.

IF your child is currently taking **medication** for psychiatric or behavioural issues, please go to your pharmacy and get a "Medication History" printed out to send to me along with the questionnaires.

The following additional/optional information may be helpful:

- Their report cards.
- Reports from any previous psychiatrists or therapists who saw them (if applicable).

On my website (www.doctortempleman.com), under the Resources link, there are some handouts and videos that will be helpful for you, especially if you are struggling with managing their anxiety or behaviour. In them, I outline some strategies that you can put in place right away which will help in the interim. I **strongly recommend** that you go and watch or read through them **before** meeting with me so that if there is anything that is unclear or confusing, we can go over it when we meet.

If you are unable to keep your appointment, **48 HOURS (2 WORKING DAYS EXCLUDING WEEKENDS)** notice of cancellation is required. Most assessments are $1\frac{1}{2}$ - 2 hours in length. Missed appointments are not paid for by OHIP and will be billed directly to you (\$250.00). If an assessment is missed, I will not reschedule it until the fee is paid in full.

Sincerely,

 $Dr.\ David\ Templeman\ B.Sc.\ MD\ FRCPC\ DCAP$

Child and Adolescent Psychiatry

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PARENT/CAREGIVER QUESTIONNAIRE

This form was completed by:		on
	(your name)	(date)
Relationship to the child: □ Biological Parent □ Other: □ please describ	→ how long loe)	have you known this child?
In your own words, please describe	the main reason for this a	ssessment (i.e. what are your concerns?)

Social History

Child's Name: _				_ □M □F	Child's Age:		Date of Bir	rth:/
Mother's Name:			:	age	Father's Name:			day mo. yr. age
Address:				Postal (Code:	Pho	one #:	
Who lives in the	e home?							
	□ M	OM	\square DAD	□ St	ep-Parent:		since	when?
	Ciblings:							
	Siblings:Name		Age	Name		Age Nar	me	Age
			2			Z .		S
	Name		Age	Name		Age Nan	me	Age
Others:								
Is religion an im	portant part of y	our family's	values?	NO 🗆 Y	$TES \rightarrow Religious D$	enomination:		
]	Family Histo	ory of Men	ıtal Health Probler	ns		
	Drug / Alcohol	Learning	Anxiety / OC		Violent/aggressive/		n Autism or	Other
	Addictions	problems	Worrier / Par		Criminal behaviour		Asperger's	(i.e. Schizophrenia
Mother								
her Parents								
her Siblings								
Father								
His Parents His Siblings								
Child's Sibling 1								<u> </u>
Child's Sibling 2								1
Child's Sibling 3								-
		P	PAST □CURRI	ENT ENT	S □YES □NO	Conquesi		□ PAST □CURREN □ PAST □CURREN
					including Vitamins			NO
1)		What's it fo	or?			When	was it started?	
2)		_ What's it fo	or?			Wher	was it started?	
3)		_ What's it fo	or?			When	was it started?	
What meds were		•	Wha		elp with?		hy was it stop	•
What medicatio	on(s) are they al	lergic to?						

Developmental History

(Put a '?' in the box if you think so, but are not sure. Put a 'U/K' across the two boxes if it's completely unknown)

Pregnancy					
Was the pregnancy intentional?	YES	NO	Was the mother trying to get pregnant?		
	YES	NO	Smoked cigarettes		
	YES	NO	Smoked marijuana (Pot)		
Did the mother take any drugs or substances during the pregnancy? (Put a? in the box if you suspect but	YES	NO	Drank alcohol		
are not sure, or 'might have')	YES	NO	Used street drugs like speed, E, cocaine, Heroine, Percs, etc.		
	YES	NO	Prescription Medications		

Delivery

Was the child born premature (<36 weeks)	YES	NO	If YES, how early?
Did anything go wrong <i>after</i> they were born?	YES	NO	Did they need to stay in the hospital for more than 1-2 days?
Did anything go wrong after they were born:		NO	Did the mother have Post-Partum depression?

Social History

Are the child's parents still together?	YES	NO	If 'NO', how old were they (the child) when the parents separated?		
Have they (the child) been physically abused?	YES	NO	If 'YES', how old were they when it happened?		
Have they (the child) been sexually abused?	YES	NO	If 'YES', how old were they when it happened?		
Is CAS involved with the family right now?	YES	NO	If YES , why?		
Has CAS <u>ever</u> been involved with the family ?	YES	NO	If YES , why?		
Has the child ever been in foster care?	YES	NO	If 'YES', how many different homes were they in?		

Please print. Be sure to answer all items.

BEHAVIOURAL CONCERNS

CHILD'S First FULL NAME	Middle	Last	PARENTS' USUAL TYPE OF WORK, even if not working now. Please be specific — for example, auto mechanic, high school teacher, homemaker, laborer, lathe operator, shoe salesman, army sergeant.
CHILD'S GENDER CHILD'S A		CHILD'S ETHNIC GROUP OR RACE	FATHER'S TYPE OF WORK FATHER'S HIGHEST EDUCATION COMPLETED:
TODAY'S DATE Mo Day Year		ILD'S BIRTHDATEDayYear	MOTHER'S TYPE OF WORK
behavior even if oth	er people might ments beside eac	our view of the child's not agree. Feel free to the item and in the space ver all items.	MOTHER'S HIGHEST EDUCATION COMPLETED:

Below is a list of items that describe children. For each item that describes the child **now or within the past 3 months**, please circle the **2** if the item is **very true or often true** of the child. Circle the **1** if the item is **somewhat or sometimes true** of the child. If the item is **not true** of the child, circle the **0**. Please answer all items as well as you can, even if some do not seem to apply to the child.

)	1	2	1.	Aches or pains (without medical cause; do	0	1	2	30.	Easily jealous
				not include stomach or headaches)	0	1	2		Eats or drinks things that are not food—don't
	1	2	2.	Acts too young for age					include sweets (describe):
	1	2	3.	Afraid to try new things					
	1	2	4.	Avoids looking others in the eye	0	1	2	32.	Fears certain animals, situations, or places
	1	2	5.	Can't concentrate, can't pay attention for long					(describe):
	1	2	6.	Can't sit still, restless, or hyperactive					
	1	2	7.	Can't stand having things out of place	0	1	2	33.	Feelings are easily hurt
	1	2	8.	Can't stand waiting; wants everything now	0	1	2	34.	Gets hurt a lot, accident-prone
	1	2	9.	Chews on things that aren't edible	0	1	2	35.	Gets in many fights
	1	2	10.	Clings to adults or too dependent	0	1	2	36.	Gets into everything
	1	2	11.	Constantly seeks help	0	1	2	37.	Gets too upset when separated from parents
	1	2	12.	Constipated, doesn't move bowels (when not	0	1	2	38.	Has trouble getting to sleep
				sick)	0	1	2	39.	Headaches (without medical cause)
	1	2	13.	Cries a lot	0	1	2	40.	Hits others
	1	2	14.	Cruel to animals	0	1	2	41.	Holds his/her breath
	1	2	15.	Defiant	0	1	2	42.	Hurts animals or people without meaning to
	1	2	16.	Demands must be met immediately	0	1	2	43.	Looks unhappy without good reason
	1	2	17.	Destroys his/her own things	0	1	2	44.	Angry moods
	1	2	18.	Destroys things belonging to his/her family	0	1	2	45.	Nausea, feels sick (without medical cause)
				or other children	0	1	2	46.	Nervous movements or twitching
	1	2	19.	Diarrhea or loose bowels (when not sick)					(describe):
	1	2	20.	Disobedient					
	1	2	21.	Disturbed by any change in routine	0	1	2	47.	Nervous, highstrung, or tense
	1	2	22.	Doesn't want to sleep alone	0	1	2	48.	Nightmares
	1	2	23.	Doesn't answer when people talk to him/her	0	1	2	49.	Overeating
	1	2	24.	Doesn't eat well (describe):	0	1	2	50.	Overtired
					0	1	2		Shows panic for no good reason
	1	2		Doesn't get along with other children	0	1	2	52.	Painful bowel movements (without medical
	1	2	26.	Doesn't know how to have fun; acts like a					cause)
				little adult	0	1	2		Physically attacks people
	1	2		Doesn't seem to feel guilty after misbehaving	0	1	2	54.	Picks nose, skin, or other parts of body
	1	2	28.	Doesn't want to go out of home					(describe):
į	1	2	29.	Easily frustrated				Ro c	ure you answered all items.

Please print your answers. Be sure to answer all items.

	0 =	: No	t Tru	ue (as far as you know) 1 = Somewha	t or So	me	tim	es Tru	ue 2 = Very True or Often True
0	1	2	55.	Plays with own sex parts too much	0	1	2	79.	Rapid shifts between sadness and
0	1	2	56.	Poorly coordinated or clumsy					excitement
0	1	2	57.	Problems with eyes (without medical cause) (describe):	0	1	2	80.	Strange behavior (describe):
					0	1	2	81.	Stubborn, sullen, or irritable
0	1	2	58.	Punishment doesn't change his/her behavior	0	1	2	82.	Sudden changes in mood or feelings
0	1	2	59.	Quickly shifts from one activity to another	0	1	2	83.	Sulks a lot
0	1	2	60.	Rashes or other skin problems (without	0	1	2	84.	Talks or cries out in sleep
				medical cause)	0	1	2	85.	Temper tantrums or hot temper
)	1	2	61.	Refuses to eat	0	1	2	86.	Too concerned with neatness or cleanliness
)	1	2	62.	Refuses to play active games	0	1	2	87.	Too fearful or anxious
)	1	2		Repeatedly rocks head or body	0	1	2	88.	Uncooperative
)	1	2	64.	Resists going to bed at night	0	1	2	89.	Underactive, slow moving, or lacks energy
)	1	2	65.	Resists toilet training (describe):	0	1	2	90.	Unhappy, sad, or depressed
					0	1	2	91.	Unusually loud
)	1	2	66.	Screams a lot	0	1	2	92.	Upset by new people or situations
)	1	2	67.	Seems unresponsive to affection					(describe):
)	1	2		Self-conscious or easily embarrassed					
)	1	2	69.	Selfish or won't share	0	1	2	93.	Vomiting, throwing up (without medical cause)
)	1	2	70.	Shows little affection toward people	0	1	2	94.	Wakes up often at night
)	1	2	71.	Shows little interest in things around him/her	0	1	2	95.	Wanders away
)	1	2	72.	Shows too little fear of getting hurt	0	1	2	96.	Wants a lot of attention
)	1	2	73.	Too shy or timid	0	1	2	97.	Whining
)	1	2	74.	Sleeps less than most kids during day	0	1	2	98.	Withdrawn, doesn't get involved with others
				and/or night (describe):	0	1	2	99.	Worries
					0	1	2	100.	Please write in any problems the child has
)	1	2	75.	Smears or plays with bowel movements					that were not listed above.
)	1	2		Speech problem (describe):	0	1	2		
				,	0	1	2		
)	1	2	77.	Stares into space or seems preoccupied	0	1	2		
0	1	2		Stomachaches or cramps (without medical cause)					Please be sure you have answered all item. Underline any you are concerned abou

Developmental Concerns

This next part of the questionnaire contains statements concerning the skills and behaviours of your child in various domains of development. Children are individuals. This means that their skills and behaviours vary from one child to another, and according to age.

Report how you feel that your child functions <u>compared to children of the same age</u>. Base your answers on your experience of <u>the last 3 months</u>.

Put an X next to the degree to which you feel that the statement corresponds to how you generally perceive your child ("Does not apply", "Applies sometimes/to some extent" or "Applies").

If you feel that the statement is not applicable (not relevant) due to the child's age, write "**not applicable**" in the margin.

The questionnaire includes questions about how the child's behaviour creates problems in everyday life. Make a collective evaluation and base your answers on whether the behaviour in question is a burden to the child him/herself, his/her family, or the preschool. For these questions, there are four options: No –A little – A great deal – Very much.

In order to get as complete a picture as possible, please fill out the entire questionnaire. Feel free to make your own comments at the end of the questionnaire.

	Does not apply	Applies sometimes/ to some extent	Applies
Gross motor skills; how the child uses his/her body in different activities:			
 Has difficulty learning new motor skills. Is clumsy or bumbling in his/her movements. Has difficulty running smoothly. Easily tumbles and falls. Is unsteady in his/her balance. Has difficulty kicking a ball. Has difficulty throwing and catching a big ball. Has difficulty spinning around the pedals of a tricycle. 			
Fine motor skills; what the child does with his/her hands:			
 9. Has difficulty using a spoon. 10. Has difficulty building eight-block towers. 11. Is unable to twist off lids. 12. Has difficulty cutting notches into a piece of paper. 13. Has difficulty using, assembling and handling small objects. 14. Has difficulty buttoning buttons when getting dressed. 15. Has not developed a clear hand dominance, i.e. he/she is not clearly right-handed or left-handed. Is your child's everyday function affected by gross or fine motor skill difficulties? Not at all A little Quite a bit Very much 			
Attention and concentration; the child's ability to be attentive and concentrat	ed in play a	and other ac	ctivities:
 16. Is often inattentive. 17. Has difficulty staying attentive to tasks in play or activities. 18. Often doesn't seem to listen to what one says to him/her. 19. Has difficulty finishing what he he/she has started, goes from one thing to the other. 20. Has difficulty knowing how to perform an action (e.g. what should be done first). 21. Either tires of or avoids tasks requiring endurance. 22. Loses things that are valued by them (e.g. their favourite toy). 23. Is easily distracted or disturbed (e.g. by irrelevant sounds like others talking, cars driving by). 24. Forgetting where he/she has his/her things. 			
ls your child's everyday function affected by his/her ability to be attentive and concentrated Not at all A little Ouite a bit Very much	in play an	d other act	ivities?

	Does not apply	Applies sometimes/ to some extent	Applies
Overactivity and Impulsiveness; the child's impulsiveness or tendency to	be all too a	ctive:	
25. Is constantly in motion somehow (e.g. fidgeting with things).			
26. Has difficulty being still in his/her chair (e.g. twists and turns, gets up and walks around).			
27. Is constantly running around, rambling and climbing more than is appropriate.			
28. Has difficulty playing in a calm and peaceful manner.			
29. Is constantly at "full speed", he/she often does things at an overly high pace.			
30. Speaks, makes noise, babbles constantly.			
31. Constantly interrupts adults' conversations.			
32. Has difficulty waiting his/her turn (e.g. in play, at preschool or at meals)			
33. Acts impulsively or unpredictably (e.g. runs away from his/her parent, runs out into the street).			
Is your child's everyday function affected by impulsiveness or a tendency to become over Not at all \square A little \square Quite a bit \square Very much \square	ly active?		
Passiveness/Inactivity; the child's inactivity or tendency to become all too pass	iive:		
34. Has difficulty getting started with tasks/activities.			
35. Has difficulty finishing, doesn't complete tasks.			
36. Is very passive.			
37. Is often "in his/her own world".			
Is your child's everyday function affected by passiveness or inactivity? Not at all A little Quite a bit Very much			
Perception; how the child reacts to various sensory impressions:			
38. Has difficulty finding his/her way around even in familiar places.			
39. Constantly bumps into other people or things at meetings or in cramped spaces.			
40. Has difficulty imitating the movements of others.			
41. Has difficulty managing puzzles intended for his/her age group.			
42. Has an unexpectedly strong reaction to sound, taste, smell, cold, heat.			
43. Has an unexpectedly weak reaction to sound, taste, smell, cold, heat.			
44. Is overly sensitive to touch (e.g. to having his/her hair combed, showered, having his/her hair washed).			
45. Gets unexpectedly afraid (of e.g. vacuum cleaners, height differences, a person's beard).			

	Does not apply	Applies sometimes/ to some extent	Applies
Is your child's everyday function affected by difficulties in perception? Not at all A little Quite a bit Very much			
Memory; the child's ability to remember:			
46. Learns things, but then it's like he/she forgot it the next day.			
47. Has difficulty remembering names of friends or familiar toys.			
48. Has difficulty remembering well-known rhymes/songs/movement games.			
 Has difficulty remembering how to carry out familiar activities (e.g. around bedtime). 			
50. Has difficulty remembering where he/she has put his/her favourite toys.			
51. Has difficulty resuming an activity after it has been interrupted.			
52. Has difficulty remembering things he/she has experienced during the day.			
53. Has difficulty remembering a specific event he/she has experienced further back in time (e.g. during Christmas, on a trip).			
Is your child's everyday function affected by memory difficulties? Not at all A little Quite a bit Very much			
Language comprehension; the child's ability to understand spoken language:			
54. Has difficulty understanding words.			
55. Has difficulty understanding simple instructions.			
56. Has difficulty with opposite words like yes/no, happy/sad.			
57. Has difficulty with terms like big/small, in/on.			
58. Has difficulty remembering two instructions (e.g. put on your pyjamas and go to the bed).			
59. Has difficulty understanding a story he/she hears read aloud.			
60. Has difficulty with the meaning of if – later (e.g. if you eat food now you will get ice cream later).			
Spoken language; the child's ability to speak, pronounce words or express him/h	erself:		
61. Has difficulty saying single words and short sentences.			
62. Has difficulty speaking so that his/her parents understand him.			
63. Has difficulty speaking so that strange people understand him/her.			
64. Makes language sound mistakes (e.g. says t instead of f, like tota instead of sofa).			
65. Has difficulty finding words or uses alternate words (e.g. says food instead of spoon).			

	Does not apply	Applies sometimes/ to some	Applies
66. Has a hoarse voice.67. Has a shrill voice.68. Stutters, or repeats words or parts of words over and over.69. Speaks so quickly that it is hard to comprehend what he/she is saying.70. Speaks very unclearly/mumbles.		extent	
Communication; the child's ability to communicate with others:			
 71. Has difficulty expressing what he/she feels using facial expressions. 72. Has difficulty sticking to the point when he/she is telling a story. 73. Has difficulty using simple gestures to show what he/she means (like nodding for yes or shaking one's head for no). 74. Has difficulty making conversation, i.e. "alternating" between listening to someone else and then answering. 			
Is your child's everyday function affected by difficulties in language comprehension, speech Not at all A little Quite a bit Very much Learning; the child's ability to learn new things:	or commu	inication?	
75. Has difficulty understanding instructions.			
76. Has difficulty learning new skills such as playing a game or a specific play activity.	H		
77. Has exceptional knowledge in some area (ex. puzzles, computers, iPad).	H		H
78. Has difficulty using new skills in more than one situation.			
Is your child's everyday function affected by learning difficulties? Not at all	_	_	
Social skills; the child's ability to participate in different social situations and interact with others:			
79. Has difficulty understanding other people's facial expressions, gestures, tone of voice or posture.			
80. Has difficulty understanding other people's emotions (e.g. mixes up anger-joy)			
81. Has difficulty showing consideration for others.			
82. Speaks in a monotonous/"strange" voice.			
83. Has difficulty following rules, restrictions and prohibitions.			
84. Easily gets into conflicts with children of the same age.			
85. Has difficulty with group activities.			
86. Has difficulty playing with other children.			

		Does not apply	Applies sometimes/ to some extent	Applies
87. R	arely initiates play with children of the same age.			
88. C	Ooes not answer other children's attempts at contact.	П		
89. ls	not spontaneously included in other children's play activities.			
90. Is	not interested in physical closeness like hugs.			
91. F	las a clearly abnormal ability to engage in eye contact.			
	s much too physical in his/her contact with others, sits in strangers' ps.			
93. C	Can get totally stuck in one or a select few interests.			
94. R	epeats or gets stuck in seemingly meaningless behaviours or actions.			
95. C	Sets very worried/upset by small changes to his/her daily routines.	Ш	Ш	Ш
Not	at all A little Quite a bit Very much e child's behaviour:			
96.	Rarely seems happy.			
97.	Has poor appetite.			
98.	Constantly wants food.			님
99.	Only accepts eating a certain kind of food (e.g. a certain consistency, colour, form)	Ш	Ш	Ш
100.	or in a certain way (e.g. foods cannot touch on the plate, whole cookies, not broken). Is anxious.			
101.	Has many fears.	\Box	\Box	\Box
102.	Gets very worried or sad when he/she is about to be separated from his/her	_	_	_
102	parents. Sleeps less than most children of the same age.			
	Has irregular sleeping patterns.			
	Often has nightmares.			
	Often sleepwalks or has nightly "episodes" with screaming, when he/she cannot be	Ш	Ш	Ш
	"reached" or consoled. Often refuses to follow the orders of adults.			
108.	Often teases others by deliberately doing things that are perceived as provocative.	H		H
109.	Is prone to outbursts.			
110.	Is cruel to animals.			
111.	Often destroys other people's things.	\Box	H	\Box
112.	Other children find him/her intimidating.			
113.	Subjects other children to danger (deliberately).			
114.	Has periods of unusually high activity level that last a few days.			

	Does not apply	Applies sometimes/ to some extent	Applies		
115. Is periodically, noticeably, easily irritated.					
116. Has difficulty handling even the smallest adversity.					
117. Says no to everything that involves any kind of demand.					
118. Doesn't forget when he/she has been wronged.					
119. Is more shy than children of the same age.					
120. Repeats actions in an obsessive manner or has habits that are very difficult to break121. Has involuntary facial movements, twitches or grimaces.					
122. Repeats meaningless movements like shaking his/her head, throwing his/her body	Ш	Ш	Ш		
back and forth, waving his/her hands, rocking.					
123. Makes unmotivated sounds like throat-clearing, coughing, swallowing sounds, dog-					
like barks, sudden squeals etc. 124. Repeats words or parts of words in a meaningless manner.					
Please describe the problems of your child that you are most worried about:					

Please describe the strengths and assets of your child:			