

A Stress Test for Your Child

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The following scale estimates the impact of various changes in children's lives. Add up the points for all the changes your child has experienced in the last year. Scores below 150 are about average. Children with scores between 150-300 have a better-than-average chance of showing some symptoms of stress. If your child's score is above 300, there is a strong likelihood that he or she will experience a serious health and/or behavior problem.

STRESS	POINTS	STRESS	POINTS
Parent dies	100	Changes in responsibilities at home	29
Parents divorce	73	Parents separate	65
Older sibling leaves home	29	Parent travels as part of job	63
Trouble with grandparents	29	Outstanding achievement	28
Close family member dies	63	Move to another city	26
Move to another part of town	26	Personal illness/injury	53
Parent remarries	50	Receives or loses a pet	25
Parent fired from job	47	Changes personal habit	24
Parents reconcile	45	Trouble with teacher	24
Mother goes to work	45	Change in child-care hours	20
Change in family members health	44	Move to a new house	20
Change to a new school	20	Mother becomes pregnant	40
Change play habits	19	School difficulties	39
Vacations with family	19	Birth of a sibling	39
Changes friends	18	New teacher or class	39
Attends summer camp	17	Change in family finances	38
Changes sleeping habits	16	Close friend is hurt or ill	37
More or fewer family gatherings	15	New extracurricular activity	36
Changes eating habits	15	Change in number of fights with siblings	35
Changes amount of TV viewing	13	Fears violence at school	31
Birthday party	12	Theft of personal possessions	30
Punished for lying	11		