

PSYCHOSOCIAL AND ENVIRONMENTAL STRESSORS FOR THE IDENTIFIED INFANT/YOUNG CHILD

This list provides the clinician with a framework for (1) identifying the multiple sources of stress experienced by an individual infant/young child and family and (2) noting their duration and severity. Note: the items listed in each category are examples and the list is not exhaustive.

To capture the cumulative severity of stressors, the clinician should identify all the sources of stress in an infant's/young child's circumstances. For example, an infant/young child who enters foster placement may be experiencing the impact of abuse, parental psychiatric illness, separation, and poverty. The greater the number of stressors involved, the greater the adverse impact on the infant/young child is presumed to be.

Find a printable copy of this table on www.zerotothree.org/dc05resources

Table 4. Psychosocial and Environmental Stressors

(Complete information for all stressors that apply)

Stressors	Age of onset (in months)	Comments, including duration and severity
Challenges within the infant's/young child's family or primary support group		
Acculturation or language conflicts		
Birth of a sibling		
Change in primary caregiver		
Criminal activity within the household		
Death of a parent or important caregiver		
Death of another important person		
Death of other family member		
Domestic violence		
Emotional abuse		
Family social isolation		

Stressors	Age of onset (in months)	Comments, including duration and severity
Father or mother absence		
Inadequate social support for the family		
Incarceration of family member		
Infant/young child has been adopted		
Infant/young child neglect		
Infant/young child physical abuse		
Infant/young child placed in foster care		
Infant/young child placed in institutional care		
Infant/young child reunification with parent after prolonged separation		
Infant/young child sexual abuse		
Medical illness of parent or caregiver (specify acute or chronic)		
Medical illness of sibling or other household member (specify acute or chronic)		
Mental health problems of household member		
New adult in household (e.g., romantic partner)		
New infant/young child (not by birth) in home (e.g., adoption, stepsibling, foster child)		
Other trauma to significant person in the infant/young child's life		
Parent or caregiver discord or conflict (nonphysical)		
Parent or caregiver divorce or separation		
Parent or caregiver mental health problems		
Parent or caregiver remarriage		

Stressors	Age of onset (in months)	Comments, including duration and severity
Parent or caregiver separation from the infant/young child (e.g., out-of-town employment, hospitalization)		
Parent or caregiver substance abuse		
Removal of nonindex infant/young child from home		
Severe discord or violence with sibling		
Substance abuse by household member		
Teenage parent		
Unpredictable home environment		
Unstable family constellation		
Challenges in the social environment		
Discrimination or racism is experienced by family		
Immigrant status		
Inadequate access to health care		
Infant/young child experiences bullying		
Infant/young child is witness to community violence		
Refugee status		
Unsafe neighborhood		
Educational or child care challenges		
Multiple changes in child care provider		
Parent or caregiver low literacy		
Poor quality early learning environment or out-of-home care (e.g., health and safety concerns, high infant/young child–staff ratios and large groups, inadequately trained staff, lack of attention to social and emotional development)		

Stressors	Age of onset (in months)	Comments, including duration and severity
Housing challenges		
Eviction from home or foreclosure		
Homelessness		
Inadequate, unsafe, or overcrowded housing		
Multiple moves		
Economic and employment challenges		
Dangerous or stressful parental work conditions		
Food insecurity		
Heavy indebtedness		
Military deployment or reintegration		
Parental unemployment or job instability		
Poverty or near poverty		
Infant/young child health		
Infant/young child accident or injury (e.g., animal bite, passenger in vehicular accident)		
Infant/young child hospitalization		
Infant/young child medical illness (acute or chronic)		
Painful or frightening medical procedure(s)		
Pregnancy-related stressors		
Legal or criminal justice challenges		
Child protective services involvement		
Custody dispute		
Infant/young child is victim of crime		

Stressors	Age of onset (in months)	Comments, including duration and severity
Parent is victim of crime		
Parental arrest		
Parental deportation		
Parental incarceration or return from incarceration		
Undocumented immigration status		
Other		
Abduction (specify by family member or nonfamily member)		
Disaster (e.g., fire, hurricane, earthquake)		
Disease epidemic		
Terrorism		
War		
Other (specify)		

Note: “Parent” refers to parenting figure(s).