STRESS TEST FOR CHILDREN--KEY

1. Parent dies--100 points
2. Parents divorce--73 points
3. Parents separate--65 points
4. Parents travel as part of job--63 points
5. Close family member dies--63 points
6. Undue pressure for grades and honors--63 points
7. Personal illness of injury--53 points
8. Parent remarries--50 points
9. Parent fired from job--47 points
10. Parents reconcile--45 points
11. Mother goes to work--45 points
12. Change in health of a family member--44 points
13. Mother becomes pregnant--40 points
14. School difficulties--39 points
15. Birth of a sibling--39 points
16. School readjustment (new teacher or class)--39 points
17. Changes in family's financial condition--38 points
18. Injury or illness of a close friend--37 points
19. Starts a new or changes an activity--36 points
20. Changes in number of fights with siblings--35 points
21. Threatened by violence at school--31 points
22. Theft of personal possessions--30 points
23. Changes in responsibilities at home--29 points
24. Older brother or sister leaves home--29 points
25. Trouble with grandparents--29 points
26. Outstanding personal achievement--28 points
27. Moved to another city or location--26 points
28. Moved to another part of town or city--26 points
29. Receives or loses a pet--25 points
30. Changes in personal habits--24 points
31. Trouble with teacher--24 points
32. Changing hours with babysitter or at day care center--20 points
33. Moves to new house--20 points
34. Changes to a new school--20 points
35. Changes play habits--19 points
36. Vacation with family--19 points
37. Changes friends--19 points
38. Attends summer school--17 points
39. Changes sleeping habits--16 points
40. Changes in family get-together--15 points
41. Changes eating habits--15 points
42. Changes in amount of TV viewing--13 points
43. Birthday party--13 points
44. Punished for not telling the truth--11 points
With a score below 150, a child has a low stress level and is doing great.

With a score of 150-300, a child has higher than average stress and may show some symptoms of stress.

If the score is 300 or above, there is a strong likelihood your child is experiencing too much stress, which can cause behavior problems or health problems.

This stress test for children is adapted from "The Hurried Child: Growing Up Too Fast Too Soon," by David Elkind. Adapted by Stanley Wonderly.