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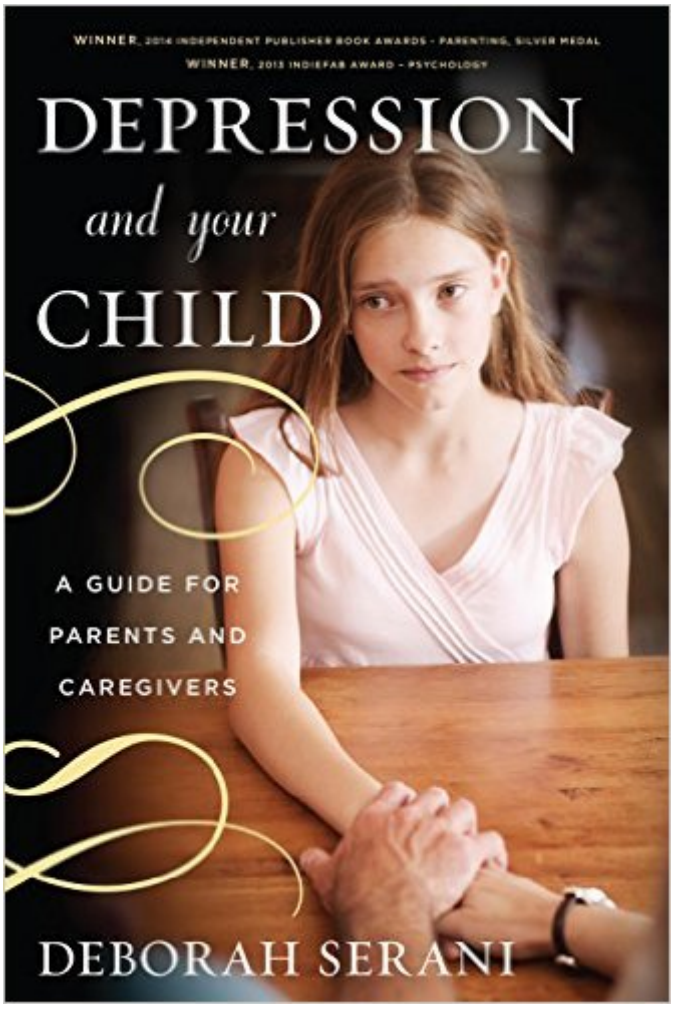
Depression And Your Child: A Guide For Parents And Caregivers



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Synopsis

Seeing your child suffer in any way is a harrowing experience for any parent. Mental illness in children can be particularly draining due to the mystery surrounding it, and the issue of diagnosis at such a tender age. Depression and Your Child gives parents and caregivers a uniquely textured understanding of pediatric depression, its causes, its symptoms, and its treatments. Serani weaves her own personal experiences of being a depressed child along with her clinical experiences as a psychologist treating depressed children. Current research, treatments and trends are presented in easy to understand language and tough subjects like self-harm, suicide and recovery plans are addressed with supportive direction. Parents will learn tips on how to discipline a depressed child, what to expect from traditional treatments like psychotherapy and medication, how to use holistic methods to address depression, how to avoid caregiver burnout, and how to move through the trauma of diagnosis and plan for the future. Real life cases highlight the issues addressed in each chapter and resources and a glossary help to further understanding for those seeking additional information. Parents and caregivers are sure to find here a reassuring approach to childhood depression that highlights the needs of the child even while it emphasizes the need for caregivers to care for themselves and other family members as well.

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Customer Reviews

Ok. Where do I start?! If i could give it a 6 star rating, I would!! This book is incredibly written, Deborah so vividly empowers her readers with her in depth knowledge/expertise/training and own

personal experiences, that the book actually makes you feel so much more at ease with your childs, or even your reading this for your own personal experience with depression. It is very easily understood, and she imparts so much love and wisdom inside every page!! This book facets aspects of treatments, including the use/or not the use of use of prescribed medications/coupled with psychotherapy, holistic remedies and treatments including music therapy, color therapy, aromatherapy, touch therapy, massage therapy and also touches upon types of everyday foods that can benefit positive mood. I MORE THAN HIGHLY recommend this book, it can be beneficial to anyone who has a child/teen/ or even immediate family member that is battling depression. I can see how this book could be potentially life-saving, as I have endured a tragedy in my own close family, due to an undiagnosed mental disorder, this book contains vital information on this subject as well.

Possibly, the most insightful, articulated, compassionate parenting guide I have ever read. While robust in its clinical references to diagnosis and treatment of depression in children and adolescents, Serani’s book never fails to be engaging and approachable. Her expert and eloquent voice is infused with kindness and reassuring hope. It really adds a much needed quality of humanity to an often overlooked and underestimated subject. 5 bright stars!

This book provides a well structured & thoughtful explanation of childhood depression including treatment options, helping to dispel any myths about childhood depression. I feel much more relieved & hopeful about my child’s future & how I can support her after reading this book.

As the mother of adolescent sons, I feel that reading and learning as much as I can about what could affect my child is very important, especially in the case of my older son who was diagnosed with ADHD and anxiety disorder when he was five years old. He has had a very hard time of things, and has even been bullied, on and off over the years. Sadly, the bullying still continues and I know that these situations can lead to depression so I want to be as proactive as possible...with both my sons.This is a truly great book. The author is very knowledgeable on the subject and clearly outlines the steps to define, diagnose and treat depression in a child. The use of real life case scenarios gives the reader a more broad understanding of how depression applies in different ways to different individuals. A very important chapter on self-harm and suicide is included and I found this to be most informative and helpful, especially since "suicide is the third leading cause of death for children ages ten to twenty-four." I mean, we hear the horror stories in the news and it’s scary.

Knowing what to watch for is very important and this chapter is a terrific resource for that. The book also supports those who are parenting a depressed child. Emphasis on self-care and "me time" for the parent is discussed and I liked that. Being the mother of a child with disorders, I can sometimes forget about my needs and it's good to be reminded. The chapter that covers the "Twenty Depression Myths Every Parent Should Know" dispels any doubts one might have about depression...that it's very real and it is a medical problem, etc. Finally, I found the appendices in the back really interesting and informative. Appendix B with a list of High Profile People with Mood Disorders. This is a great list to share with your child to show him/her that they're not the only ones who have suffered from depression. Appendix C is a list of Resources and I was especially grateful for the Antibullying resources.I highly recommend this book to anyone who has children. Even if your child is an infant, as I learned in the book, depression can be present from infancy so this is an important read for new parents too. My view is that it's better to be safe than sorry and staying informed on all aspects of what could affect my children is very important to me. This book will be a much appreciated, and referenced, addition to my parenting resources bookshelf.

This book has proven to be the most helpful and hopeful resource I've had in helping me and my husband deal with our 11 year old daughters struggle with depression. She has been living with depression for over 5 years and this book validated every fear and question we had concerning her diagnosis and treatment. In a desperate plea for help during my daughter's hospitalization, I emailed the author and she replied! She helped me get the resources I needed to aid in the continuation of care. Most importantly, she gave me hope and the strength to not give up in finding successful treatment. This book is a must read for anyone who questions does my child have depression. I read it and learned more then I ever knew during 4 years of therapy with my child.

Wow! Talk about a fantastic book dealing with a sensitive subject. I am a licensed social worker and work with kiddos of all ages. This book was extremely helpful in helping me to understand the origin of diagnosing depression in pediatrics, the different types, and the plethitude of treatments open to children and their families. She gives great case examples at the end of each chapter. The reader does not need to be a professional and have any experience regarding depression or its related symptoms and treatments. The book is explicitly written for parents and caregivers of children with depression. The author does an excellent job of breaking the subject down into multiple chapters that build on each other. She is honest, concise in her facts, and has a lot of common sense and scientific back up. I highly, highly recommend this for parents, caregivers, or professionals who deal

with any aspect or have a relationship with a kiddo suffering from/suspect suffering from depression.

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