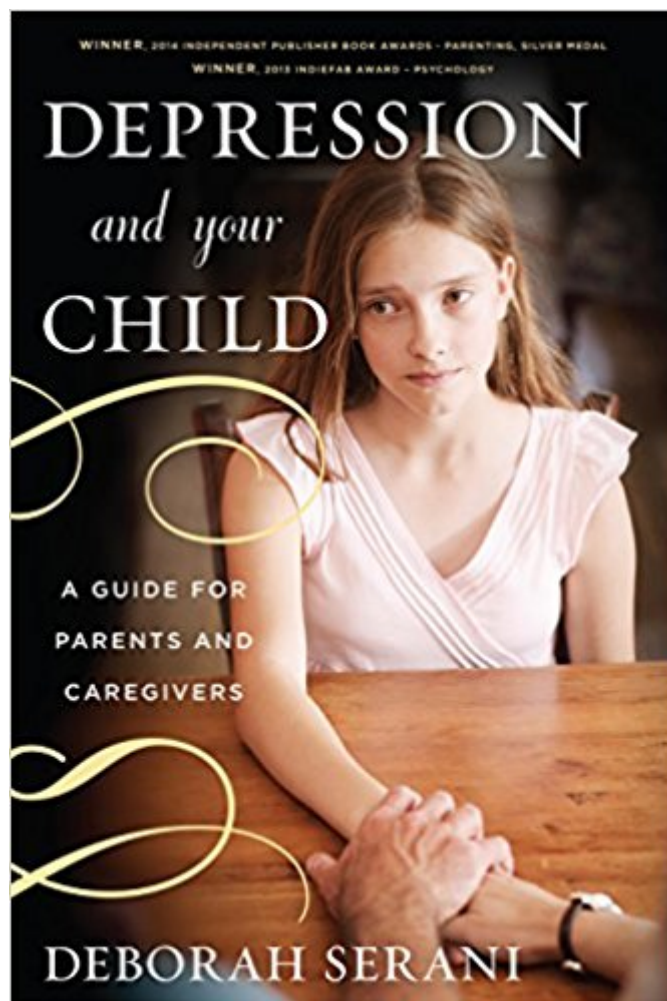


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# Depression And Your Child: A Guide For Parents And Caregivers



## 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.

## Book Information

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## Customer Reviews

*Depression and Your Child* will prepare parents with the in-depth understanding needed to navigate the potentially turbulent waters ahead. . . Thoroughly researched and accompanied by a lengthy

bibliography, the book delivers on its promise to explore normal stages of child development, as well as the warning signs of depression and what they look like in different age brackets. . .

Serani's writing is lyrical at times, making for a pleasant and personable read, a boon to parents looking for advice from health care professionals who are strong in empathy and compassion. . . . Depression and Your Child may be a bookshelf must for any proactive parent who wants to learn how to identify when professional intervention is needed or seeks resources for their struggling families. (Foreword Reviews)The ultimate go-to guide for parents. Deborah Serani's work is infused with hope and judgment free. Informative case histories, up to the minute research findings and top notch resources help parents make the choices best suited to their child's unique needs. Alternative treatments and simple at-home changes are helpful additions to this comprehensive and compassionate book. (Leah Klungness, Ph.D. psychologist and co-author of The Complete Single Mother)Written in Dr. Serani's straight-forward style, this book is a valuable contribution to helping parents better understand their child's or teenager's depression. Dr. Serani meticulously goes through everything a parent needs to know about their child's depression, starting with the most important aspect – depression is an illness and isn't caused by bad parenting. The case studies bring home the message at the end of each chapter, putting everything into helpful context with real examples parents can relate to. This book is a must-have for parent who has a son or daughter that suffers from depression. (John M. Grohol, Psy.D., founder, PsychCentral.com)Families overwhelmed by seeing their young family member living with depression will find Deborah Serani's voice in Depression and Your Child: A Guide for Parents and Caregivers reassuring and informative, as it's both personal and clinical. Through the author's real life case studies, which highlight the issues addressed in each chapter, families will learn how to adapt more readily, cope more effectively, and move forward with hope as they find their caretaking experience more manageable. (Deborah Mayo, B.S., R.N., RMT, President of the National Alliance on Mental Illness of Central Suffolk)Deborah Serani has combined smarts and soul in her book. She uses years of experience and the research literature to smartly guide parents through the experience of their child's depression. She does this with soul: with the lived experience of a person who has stood in the shoes of children with these daunting challenges, a courageous admission to be sure. The result will become an important tool in helping families overcome depression and the stigma it may engender. (Patrick Corrigan, distinguished professor of psychology at the Illinois Institute of Technology)Depression and Your Child by Deborah Serani is by far, the best and most comprehensive resource out there about depression and children.This easy to read guide leaves no stone unturned on the subject of treating

depression. Every person suffering with this stifling illness, and their family and friends, should read this book as soon as possible. This book will save lives. (Andy Behrman, author of *Electroboy: A Memoir of Mania*)

In her book entitled *Depression and Your Child: A Guide for Parents and Caregivers*, Dr. Serani offers a comprehensive and engaging overview of child depression—how to recognize depression in children and adolescents, what the current treatment approaches are, and how to work collaboratively with professionals in managing the challenges presented when caring for a depressed child. The unique value of this work is that it is comprehensive and scientifically based, yet very accessible and practical for the lay public. I would highly recommend this book as well to mental health professionals of all disciplines because it addresses the sensitivities and emotional challenges of children and their families in coping with child depression. (Bruce D. Miller, M.D., professor of Psychiatry, Pediatrics & Psychology, division chief: Child & Adolescent Psychiatry, School of Medicine and Biomedical Sciences, State University of New York at Buffalo)

*Depression and Your Child: A Guide for Parents and Caregivers* is an easy-to-read, comprehensive, and holistic resource for any parent or caregiver concerned for a child suffering from depression. Dr. Serani provides compassion and support as she guides you through extensive, thoughtful, and sound clarification on everything you need to know. Not only does she help navigate you and your child's path towards recovery, Dr. Serani offers hope and inspiration. Any parent or caregiver will benefit from this information-packed book. (Julieanna Hever, MS, RD, CPT, author of *The Complete Idiot's Guide to Plant-Based Nutrition* and host of Veria's wellness tv show *What Would Julieanna Do?*)

*Depression and Your Child: A Guide for Parents and Caregivers* delivers just what it promises—a comprehensive and thoughtful guide to the diagnosis and treatment of depression in children and adolescents. Dr. Serani has effectively synthesized years of research into a highly readable and practical volume that will be helpful to parents, teachers, and anyone who loves or works with children. The use of cases to illustrate major themes will aid those who struggle to understand the nature and scope of mood disorders. The mental health needs of children and adolescents are far too often overlooked and underestimated. This book will undoubtedly go a long way towards remedying this problem and getting kids and their families the help they so desperately need. (Jess P. Shatkin, MD, MPH - NYU Child Study Center)

*Depression and Your Child* provides a uniquely textured understanding of pediatric depression 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. Readers will find a wealth of specific tips, recommendations, and case examples sure to make parenting a depressed child less challenging.

Deborah Serani, PsyD, is a go-to media expert on a variety of psychological issues. Her interviews can be found in ABC News, Newsday, Women's Health & Fitness, The Chicago Tribune, The Associated Press, and affiliate radio station programs at CBS and NPR, just to name a few. She is a ShareCare Expert for Dr. Oz, writes for Psychology Today, helms the Ask the Therapist column for Esperanza Magazine and has worked as a technical advisor for the NBC television show Law & Order: Special Victims Unit. A licensed psychologist in practice over twenty years, Serani is also an adjunct professor at Adelphi University and author of the award-winning book Living with Depression (Rowman & Littlefield).

If you are a parent, will be a parent or are in the caretaking/psych field, a must read. Even if you are not a child and suffer from depression, a lot of information and treatment info that would prove to be helpful.

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.

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 plethora 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.

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!

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.

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 child, 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.

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.

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Narcissistic Parents.: 10 Tips on How to Not Hate Your Parents. Toxic parents,immature parents. (Borderline Personality Disorder, Narcissistic Parent, ... the Narcissist Book2.Immature parents.)  
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Teen Depression: A Parent's Guide for Recognizing the Signs of Teenage Depression and Helping Your Child Find Happiness Again ~ ( Help for Depression in Teens )  
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