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Nota di contenuto	Cover; Half Title Page; Title Page; Copyright; Dedication; Contents; Author's Note; Acknowledgments; Introduction; Why I Wrote This Book; Who This Book Is For; A Quick Note about Language; How to Navigate Through This Book; Part I. The Challenge and Your Child; 1. Parent Radar; Why You May Be Worried; The Feeling That Something Is Wrong; What Can You Do If You Are Worried That There May Be a Problem?; How You May Be Feeling; Taking Care of Yourself; 2. Obtaining a Diagnosis; Beginning Your Quest for Answers: The Doctor; Beginning Your Quest for Answers: The School If You're Dealing with a Crisis SituationThe Truth about Labels; The Waiting Game; What to Do While You Wait; You Have the Diagnosis: Now What?; What If You Don't Agree with the Diagnosis?; Talking with Your Child about the Diagnosis; How You May Be Feeling; Confronting Stigma; The Blame Game; What You Can Do to Help Now; How to Get Support; 3. Starting Treatment; Making Decisions about Treatment; What's on the Therapy Menu?; Hospital-Based Treatment and Residential Treatment; The Great Medication Debate; Talking to Your Child about Treatment What to Do If You're Worried about the Effectiveness of TreatmentWhat to Do If You're Worried about the Quality of Treatment; How to Get

Support; 4. Advocating for Your Child; Advocacy 101; Record Keeping for Advocacy Purposes; Feeling Let Down by the System; Finding Other Allies in the Quest for Better Care; Staying Strong; Part II. You and Your Child; 5. Stress Management and Coping Skills; Shifting Your Thinking; Boosting Positive Emotion; Learning How to Relax; Other Mind and Body Practices; 6. Parents Can Make a Difference; Building on the Loving Attachment between You and Your Child
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Validating Your Child's Emotions; Creating a Predictable Environment; Being a Positive Parent; Fostering Confidence in Your Child; Looking for Little Ways to Make Things Better; Practicing Mindful Parenting; Moving Forward; 7. Calming the Raging Storm; Raising an Emotionally Literate Child; What You Can Do; Handling Angry Outbursts; Helping Your Child Manage Feelings of Anxiety; Developing the Skills That Make Change Possible; You Have the Power; Part III. Your Family; 8. Family Matters; Taking Care of Your Other Children; Staying Connected as a Couple
Creating a Circle of Support
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Sommario/riassunto

Raising a child or teenager with a psychological condition is a "perfect storm" of stress, sadness, and uncertainty. How can you find the best treatments and help your child overcome emotional, behavioral, and academic challenges--while keeping yourself and your family strong? As a parent, you may feel isolated and alone, but the reality is that a lot of families are in the same boat. Ann Douglas knows firsthand just how daunting it can be. In this compassionate and empowering guide, she combines the vital lessons she has learned with vivid stories from other parents and advice from leading
