

# HOW DO I KNOW IF A CHILD IS DEPRESSED?

**Some common symptoms of depression among children include:**

- 1** Changes in weight
- 2** Disturbance in sleep patterns
- 3** Unusual and persistent sadness or irritability
- 4** Sudden loss of interest in activities they once enjoyed
- 5** Sluggishness
- 6** Lower self-esteem
- 7** Hopelessness
- 8** Thoughts of or attempts at suicide



# Your Child And Depression

**Xiaolong Qi**



## **Your Child And Depression:**

**Straight Talk about Your Child's Mental Health** Stephen V. Faraone,2012-04-24 Parents reach for dog eared copies of Dr Spock when their child has a rash or the flu but when moodiness lingers or worrisome behavior problems grow they have nowhere to turn for answers or reassurance Now in this compassionate resource prominent Harvard researcher Dr Stephen V Faraone gives parents the tools they need to look clearly at how a child is feeling thinking and behaving and make wise decisions about when to call for professional help Cues and questions teach readers to become scientific observers of their child and vital facts about common disorders help them distinguish between normal variations in speech development and Asperger syndrome between moodiness that s just a phase and depression between childhood fears and the symptoms of anxiety Knowing what to ask and tell the professionals from the pediatrician to a mental health specialist will help parents ensure a complete and accurate diagnosis Filled with handy sidebars charts and checklists the book also teaches parents to weigh treatment options to determine what s best for their child Winner American Journal of Nursing Book of the Year Award

**The Everything Parent's Guide To Children With Depression** Rebecca Rutledge,2007-06-04 Does your child seem sad withdrawn or lethargic You know something s wrong but you re not sure what to do about it You re not alone around six million children suffer from depression Your child needs help your help With The Everything Parent s Guide to Children with Depression you can ensure that your child receives the right support and treatment In this reassuring practical handbook Drs Rebecca Rutledge and Thomas Bannister offer the professional advice you need to determine If your child is at risk How and when to get professional help The best treatment options Benefits and side effects of medication What you and your family can do to help Rutledge an expert psychologist and Bannister a clinical psychiatrist are both known for their work with depressed children and adolescents With their help you ll understand why your child is unhappy and what you can do about it

**Depression and Your Child** Deborah Serani,2013-09-05 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

**Your Child's Health** Frank Oberklaid, Leah Kaminsky, 2006 This book has three sections covering practical information on looking after your child's health Lists an A Z of medical symptoms and treatments and whether to treat at home or go to the doctor

**The Tapping Solution for Parents, Children & Teenagers** Nick Ortner, 2018-02-20 The experience of raising children can be one of life's greatest gifts but it can also come with an overwhelming amount of stress and anxiety and even self doubt Am I modeling the type of person I want my child to become Am I doing enough to prepare my child to be resilient in an ever changing world Are my children happy and confident in themselves In *The Tapping Solution for Parents Children Teenagers* New York Times best selling author Nick Ortner encourages readers to take a look at the amount of stress and worry in their lives as parents reminding readers that self care is critical Parents are guided on how to use the revolutionary technique known as EFT Emotional Freedom Techniques or Tapping to release parental overwhelm quiet worry manage conflict and transform their experience of parenthood In the second section of the book Nick explores specific uses for Tapping with children ranging from releasing negative emotions like anger fear and phobias to dealing with sadness grief guilt and shame This powerful technique can even help with specific challenges such as anxiety disorders difficulties with sleep nightmares performance anxiety bullying school jitters divorce and much more Nick emphasizes the importance of teaching children the social and emotional skills they need for success in life school and work This book will guide parents in using EFT Tapping to help their children learn how to handle challenges by means of self reflection self regulation and overall greater self awareness Through the use of easy to follow diagrams links to step by step videos and dozens of Tapping tips *The Tapping Solution for Parents Children Teenagers* offers an easy to use resource to help solve many of the emotional and social challenges that families deal with on a daily basis

*When Someone You Love is Depressed* Xavier Amador, Laura Rosen, 2016-08-02 Many books have been written for those suffering from depression but what if you're suffering because someone you love is depressed Research shows that if you are close to a depressed person you are at a much higher risk of developing problems yourself including anxiety phobias and even a kind of contagious depression In this authoritative and compassionate book psychologists Laura Epstein Rosen and Xavier Francisco Amador explain the mechanisms of depression that can cause communication breakdown increase hostility and ultimately destroy relationships Through compelling real life stories and step by step advice the authors teach concrete methods that you and your loved one can use to protect yourselves and your relationship from depression's impact Drawing on their own innovative research they give sensitive guidance about how to recognize your needs how to provide the best kind of support and how to encourage the depressed person to seek treatment Whether you are the partner parent friend or child of a depressed person you'll find this book an invaluable companion in your journey back to health

*Love Covers Over* Ellen Radcliff, LMFT, 2024-08-27 There is only one greater anguish than losing connection to a child losing connection with God *Love Covers Over* offers practical help to parents as

they seek to maintain connection to both God and their children in the midst of LGBTQ identities and discussions This book is for loving Christian parents who don't know how to have LGBTQ discussions with their kids Love Covers Over builds a foundation for understanding God's intent for sex sexuality and gender as well as modern deviations from God's divine design so that parents are equipped to have these sensitive conversations with their kids It also offers important information about developmental milestones related to sexual orientation and gender identity Within these pages you'll discover practical guidance and real life examples on how to broach LGBTQ topics with your children Finally Love Covers Over offers a path for Christian parents to unconditionally love their LGBTQ child while remaining rooted in their faith

*Your Child Makes Sense* Edith Buxbaum, 1919

*Solve Your Child's School-related Problems* Michael Martin, Cynthia Waltman-Greenwood, Pamela Patrick Novotny, 1995 The first book by professionals that advises parents how to help their child succeed in school and offers enlightened and effective solutions to more than 70 common problems that kids have in school

*Your Child's Emotional Health* Jack Maguire, Philadelphia Child Guidance Center, 1994 The essential guide to every facet of a child's psychological and mental development from age 6 to 13

*Your Child & Drugs* Ross Campbell, Pat Likes, 1988

**Guide to Your Child's Symptoms** Donald Schiff, Steven P. Shelov, American Academy of Pediatrics, 1997 Describes more than one hundred common childhood symptoms and provides advice for parents and caregivers

**Your Child and Depression** Drew W. Edwards, 2000

*New York State Journal of Medicine*, 1919

**Parent Handbook on Childhood and Teen Depression** Erika's Lighthouse, 2019-08-25 Our Erika's Lighthouse Parent Handbook on Childhood and Teen Depression is a practical guide written by parents for parents who think their child may be suffering from depression Our handbook offers tips on how to get help things parents might want to know about childhood and teen depression and treatment and ideas for good mental health Book excerpts Welcome to the Erika's Lighthouse Parent Handbook on Childhood and Teen Depression Second Edition You may be reading our handbook because you think your child is depressed and you want to know what to do We are here to help you You are not alone Somewhere between 15 and 20 percent of our children and teens will suffer from at least one depressive episode before they reach adulthood These episodes come in many forms ranging from the child who doesn't want to go to school to the teen who is constantly in a rage to the withdrawn child who barely speaks Often these episodes are seen as just a phase or typical behavior but depression clinical depression is not part of typical behavior it is a disorder that deserves attention and needs treatment We hope this handbook will be a helpful guide to you as you deal with the many issues you will likely confront over the course of your child's depression We know this is probably a frightening time You may feel helpless and alone We invite you to read our handbook with the hope that it will give you both some comfort and some answers And we hope you will find some helpful tips on how to help your child maintain good mental health and find happiness something we all want for our children Our handbook is organized into three sections Section One is the practical guide it will give you suggestions on what to do and how to do it Section Two is a primer it includes the things you might

want to know about depression mental health care professionals and potential treatments Section Three is about happiness and strategies you and your child can use to foster and maintain good mental health Our goal is to help you navigate a difficult time in our life We hope our handbook will be helpful along your journey For more information about us please visit us at [www.erikaslighthouse.org](http://www.erikaslighthouse.org)

Video Games & Your Kids Hilarie Cash, Kim McDaniel, 2008 Video Games birth 2 years ages 2 6 elementary school years adolescence and adult children still living at home Where there is a problem the authors provide parents with tools that will help them successfully set appropriate limits for their children

Your Child's First Journey Ginny Brinkley, Linda Goldberg, Janice Kukar, 1988 This complete fully illustrated book is designed to accompany the expectant mother from the early months of pregnancy to the early months of parenthood

*Focus on Children & Adolescents* Leon VandeCreek, Thomas L. Jackson, 2003

*Maternity and Child Welfare*, 1920

**Creating Balance in Your Child's Life** Beth Wilson Saavedra, Beth Shannon Wilson, 2000 By identifying their children's unique temperaments the author says parents can reshape schedules to include time for relaxing and discovering activities and experiences on their own

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### **Your Child And Depression Introduction**

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