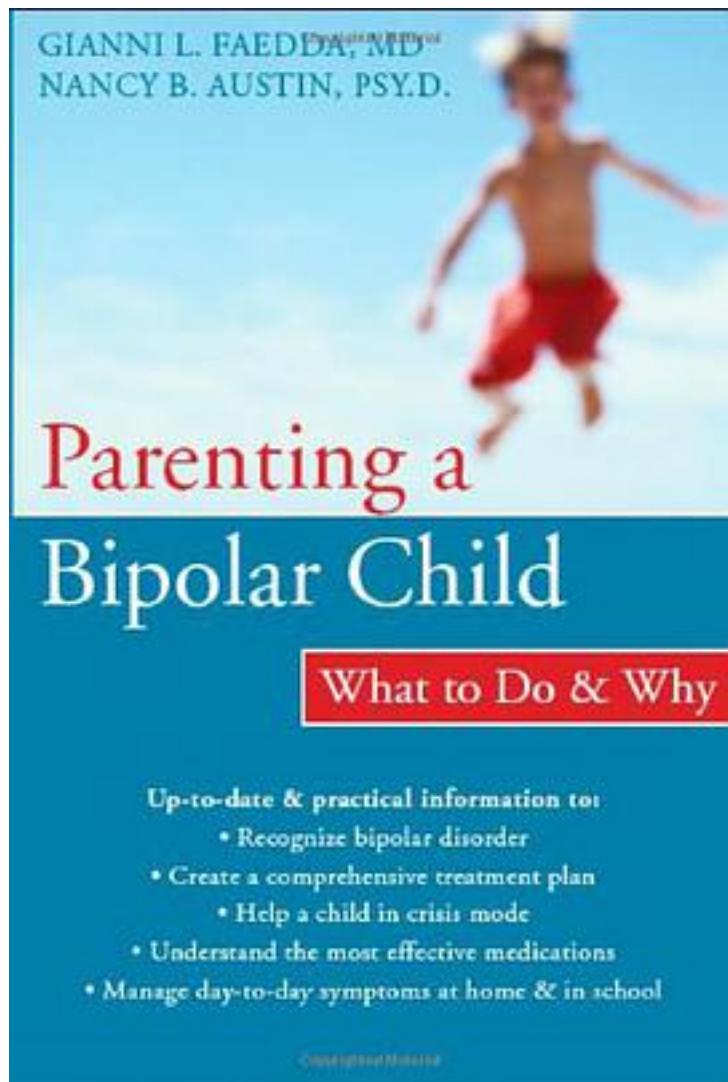


Parenting a Bipolar Child



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When a child or adolescent is diagnosed with bipolar disorder, it's hard for his or her parents to know exactly what to do. What constitutes an effective therapeutic approach to help their bipolar child navigate childhood and adolescence? In this book, a psychiatrist and a psychologist, both specialising in mood disorders, offer a comprehensive overview of the available treatment options and most effective parenting strategies for dealing with this serious condition. In addition to a thorough explanation of the often necessary medical treatments for bipolar disorder, readers will also learn the importance of emotional regulation in bipolar children. Techniques for dealing with displays of rage, anger and irritability in children are covered. The book also addresses sleep deprivation, one of the most common symptoms of childhood bipolar disorder, and the issues young people with bipolar disorder face in school. Subjects of particular interest to parents of older children and adolescents are covered, such as substance abuse, eating disorders, violence and suicide. All of this information is complemented by advice on parental self-care and integrating the care of the bipolar child with the needs of the rest of the family.

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