

Positive Parenting for Bipolar Kids

"Janet Wozniak is the authority on childhood bipolar disorder. Indeed, she discovered it, and in doing so she's saved or improved many lives."
—EDWARD M. HALLGATELL, M.D., author of *Driven to Destruction*

Positive Parenting for Bipolar Kids



How to Identify,
Treat, Manage, and Rise to
the Challenge

Mary Ann McDonnell, A.P.R.N., B.C., and
Janet Wozniak, M.D.

with Judy Fort Brenneman

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The Definitive Resource on How to Identify, Treat, and Thrive with a Bipolar Child

More than three million American children suffer from some form of bipolar disorder, a life-impairing illness that can cause wild mood swings and even episodes of rage. But as a parent, can you tell the difference between a temperamental, moody child and one facing serious mental illness? Where do you turn if your child's tantrums and meltdowns are wreaking havoc? For families as well as professionals, here is the only book on early-onset bipolar disorder written by pediatric specialists who combine clinical care and research. Drawing from their professional experience and sharing stories of families in their practices, child psychiatrist Janet Wozniak and psychiatric nurse Mary Ann McDonnell guide you in how to:

- Navigate the “diagnosis tangle” to ensure accurate identification of the disorder
- Communicate effectively with doctors, teachers, and counselors
- Find allies and choose a treatment team
- Help your family cope

From medication to coping strategies, this accessible book offers the most up-to-date information as well as inspiration, encouragement, and invaluable wisdom for all involved.

作者介绍:

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