



Coping With Your Child's Chronic Illness

Alesia T. Barrett Singer M.a.

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A practical guide for concerned parents who need support, effective ideas, and resources for dealing with their child's chronic illness. This invaluable book provides hope and help: Find a variety of resources for your child and family. Communicate with your child's physician. Educate yourself about your child's illness. Become and advocate for your child and family. Communicate with your child about his/her illness. Tailor your conversations with your child. Develop strategies to help your child cope at school. Identify key transition periods in your child's life. Recognize depression in your child. Recognize and accept coping methods. Have time for yourself, spouse, and other children. Avoid parent burn-out and depression.



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