

“Children with BD are different from other children and the differences are often apparent early, some even from birth.”

— From ***Parenting A Bipolar Child***

How do parents prepare a bipolar child for life with their illness?

For a parent a child’s diagnosis of bipolar disorder can be confusing and scary. Childhood and adolescence can be hard enough — what special challenges will their child face? Will they be on medication for the rest of their lives? What will happen if they forget a pill? And what will become of their child once they leave home?

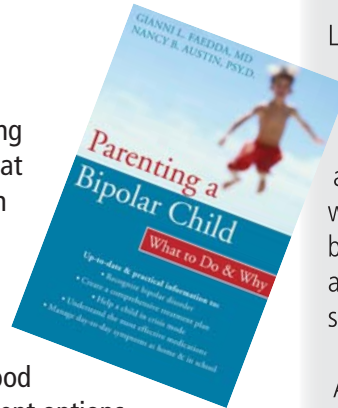
In their book ***Parenting a Bipolar Child*** (New Harbinger, \$17.95) a psychiatrist and a psychologist, both specializing in mood disorders, offer a comprehensive overview of the available treatment options and most effective parenting strategies for dealing with this serious condition. Parents can learn up-to-date and practical information to:

- Recognize bipolar disorder
- Create a comprehensive treatment plan
- Help a child in crisis mode
- Understand the most effective medications
- Manage day-to-day symptoms at home and in school

In addition to a thorough explanation of the often necessary medical treatments for bipolar disorder, readers will also learn the importance of emotion regulation in bipolar children. Techniques for dealing with displays of rage, anger, and irritability in children are covered.

Dr. Faedda and Dr. Austin also address 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.



FROM THE BOOK **Laura’s Story: A Glimpse into the Life of a Child with Bipolar Disorder**

Laura walked into the office beaming with confidence. A pretty seven year old, Laura loves being the center of attention and is perfectly at ease with adults she has never met before. She talks to her parents as if they were her peers, and seems more mature than her age.

As her parents start describing how she gets ‘out of control angry’ almost every day, Laura begins cart wheeling in the office. Her mother asks her to stop, and for a few seconds she sits down, but then gets up and starts pacing again.

Mom describes Laura as irritable, rude, argumentative, angry and sometimes rageful. When asked about her rage, Laura talks fast, emphatically and is very articulate. She says that most of the time she feels mad; she does not know why and can’t calm down. She has problems falling asleep at night and getting up in the morning, and has difficulty making it to school regularly because she often feels sick and nervous.

Laura’s mood changes quickly, going from normal to irritable and angry, from being “OK” to feeling sad and tearful, or becomes happy, excited, giggly and euphoric for no reason. In spite of being very bright, creative, and talented, Laura is socially awkward and does not have a lot of friends.

Parenting A Bipolar Child: What To Do And Why, by Gianni L. Faedda, MD, and Nancy B. Austin, Psy.D.
Published in November 2006, New Harbinger Publications, ISBN (10): 1-57224-423-2; ISBN (13): 978-1-57224-423-8,
\$17.95, 232 pages, 800-748-6273, www.newharbinger.com

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
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About the Authors

Gianni L. Faedda, MD, is a psychiatrist and psychopharmacologist with an extensive background in research and treatment of manic-depressive illness. Dr. Faedda trained at the Lucio Bini Center in Cagliari and Rome, then at Harvard's McLean Hospital. From 2000 to 2002 he was a member of the Scientific Advisory Board for the Child and Adolescent Bipolar Foundation and has recently joined the Scientific Advisory Board of the Juvenile Bipolar Research Foundation, and moderates JBRF's professional listserv for physicians.

Nancy B. Austin, Psy.D., a graduate of the Ferkauf Graduate School of Psychology School/Child Program at Yeshiva University, has been a child psychologist in New York since 1988. Austin is currently the associate director of the Lucio Bini Mood Disorders Center in Manhattan, which specializes in research, consultation, diagnosis, and treatment of mood and anxiety disorders in children, adolescents, adults, and their families.

Both authors live in New York, NY.

Interview Questions for Dr. Faedda & Dr. Austin

1. The typical onset of bipolar disorder (BD) is late adolescence or early adulthood. How common is the childhood onset of the disease?
2. What are the symptoms of childhood BD?
3. Should the parents of a child diagnosed with Attention Deficit Hyperactivity Disorder (ADHD) worry that their child actually has BD? How do you recommend avoiding a misdiagnosis?
4. Early in the book you mention *emotional shock absorbers* — could you explain what that term refers to?
 - 4a. How does the lack of emotional shock absorbers effect a child with BD?
5. What can result if a child with BD goes undiagnosed or untreated?
6. What are some treatment options for children with this disease, and how might that treatment change as they grow up?
7. Having a child with this mental illness is hard enough, but if you have other children it must be difficult to balance the needs of your BD child with the rest of the family. What are some suggestions that you can offer parents in that situation?

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Praise for Parenting A Bipolar Child

"This is a superb book that all parents, educators, and clinicians should read. Not only do the authors provide an excellent overview of the pharmacological treatment of the disorder, but the offer trenchant case vignettes that go a long way to clarifying the various presentations of the illness from early childhood through adolescence...We highly recommend this book."

—**Demitri F. Papolos, MD**, and **Janice Papolos**,
authors of *The Bipolar Child*

"This book is extraordinarily helpful in presenting a picture of children and adolescents with bipolar disorder. The case illustrations present a very clear picture of the symptoms that define the disorder. The information on psychopharmacological treatment and psychological treatment are valuable resources for parents and professionals alike."

—**Ira Glovinsky, Ph.D.**, director of the Childhood Mood Disorder Program at the Interdisciplinary Center for the Family in West Bloomfield, MI, and adjunct professor of psychology at Madonna University in Livonia, MI

"Drs. Faedda and Austin have done a remarkable job of describing bipolar disorder in children. Their combined clinical experience lends richness to the practical suggestions they have for families in managing this difficult illness. Reading *Parenting a Bipolar Child* will bring relief to stressed and confused parents struggling for answers as they navigate the complex diagnostic and treatment pathway for youth with bipolar disorder."

— **Mary A. Fristad, PhD, ABPP**, professor of psychiatry and psychology at Ohio State University and author of *Raising a Moody Child*

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