Depression:

Tips for Parents:

- Educate yourself on depression and signs of depression
- Pay attention to your child's feelings
- Talk to your child's primary care doctor or a therapist
- Help your child express their feelings
- Show unconditional love and support
- Create good sleeping habits
- Encourage your child to adopt a healthy lifestyle
- Encourage your child to engage in activities but don't force, threaten or bribe them to.
- Help kids identify coping skills
- Talk with your child frequently
- Be your child's advocate in the healthcare system
- Encourage your child to socialize
- Be patient
- Encourage appropriate stress management activities

Helpful Websites for parents:

- adaa.com
- kidshealth.org/parent/
- nimh.nih.gov
- onhealth.com
- nami.org
- mentalhealth.org

Books for Parents:

- *Depression and your Child: A Guide for parents and caregivers* by Deborah Serani
- *The Depressed Child: A Parent's guide for Rescuing Kids* by Douglas Riley
- *The Everything Parent's Guide to Children with Depression* by Rebecca Rufledge
- *Coping with and Anxious or Depressed Child* by Sam Cartwright-Halton
- *Help me; I'm Sad: Recognizing, Treating and Preventing Childhood and Adolecent Depression* by David Fassler and Lynne Dumas