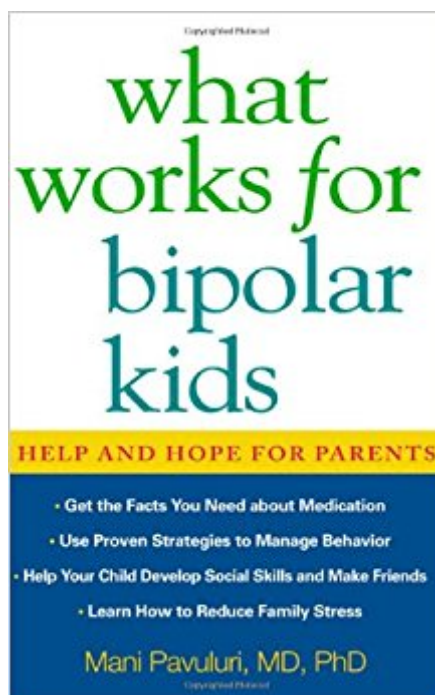


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# What Works For Bipolar Kids: Help And Hope For Parents



## Synopsis

It may be hard to believe your child will ever get better, but kids with bipolar disorder can and do lead healthy, stable lives. In this compassionate and optimistic book, expert clinician and renowned researcher Mani Pavuluri delivers information, advice, and proven strategies that empower you to deal with the challenges of bipolar disorder and help your child get well. Drawing on 20 years of experience with bipolar kids and their families, she provides solidly researched strategies for reducing or eliminating problems with mania, aggression, sleep disturbances, depression, and other issues. Youâ™ll discover practical ways to handle crises at home and in school, work with professionals to find an effective combination of medicine and psychotherapy, and cultivate a supportive community of friends and peers for your child. Dr. Pavuluri also helps you deal with the stress that comes with parenting, so you can maintain your poise, focus on the positive, and be a powerful advocate for your child. Winner--American Journal of Nursing Book of the Year Award

## Book Information

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## Customer Reviews

"Finally, a book about pediatric bipolar disorder that really gets it right, offering help and hope where so much misinformation and misunderstanding have interfered with parents' getting the best for their child. Given all the confusion about diagnosis and treatment, Dr. Pavuluri's book is a godsend for parents. Her writing is warm and welcoming, and her practical wisdom and common sense leap off the page."--Peter S. Jensen, MD, Director, The REACH Institute  
"The approach in this book has helped me achieve new stability for my son. For parents in search of help, this book will become

your compass for all that lies ahead. Dr. Pavuluri's expertise, passion, and tireless effort shine through on every page. She provides excellent information on how to manage bipolar disorder, choose and communicate with care providers, and advocate for your child in the school and health insurance arenas. The book is refreshing in its overarching sense of optimism, empathy, and support."--J. McCarthy, parent "It's as if Dr. Pavuluri wrote this book for me and my family! Reading it gave me a better understanding of why my son with bipolar disorder acts the way he does, together with tools to help alleviate his pain. Throughout, Dr. Pavuluri demonstrates her understanding of these children's feelings and provides invaluable explanations and resources. This book shows parents like me that we are not alone. It is truly inspirational, and has given me new hope for my son."--Laurie P., parent "Dr. Pavuluri speaks frankly to parents, but with a comforting wisdom. She compares treatment to building a house--medication management is the foundation, psychological counseling provides the bricks, and family therapy is the cement that holds it all together. This book provides a useful and encouraging blueprint."--Gabrielle A. Carlson, MD, Director, Child and Adolescent Psychiatry, Stony Brook University School of Medicine "Dr. Pavuluri has seen it all--the stress on families, the frustrations in finding the right medications, the battles for support in school. This book will be a major help as you strive to make sense of your child's symptoms and the many different treatment recommendations you may receive."--David J. Miklowitz, PhD, author of *The Bipolar Disorder Survival Guide* "The book contains a wealth of resources, and sheds light on appropriate parenting skills, effective relationships with the child's school, types of clinicians, available medications, and much more. *What Works for Bipolar Kids* is a very helpful resource for parents, and is also a good addition to the mental health clinician's list of recommended books on the topic." (Metapsychology Online Reviews 2008-05-10)

Mani Pavuluri, MD, PhD, is Associate Professor of Child Psychiatry and Founding Director of the Pediatric Mood Disorders Clinic and Pediatric Bipolar Research Program at the Institute for Juvenile Research, University of Illinois at Chicago. A widely cited expert on psychological disorders in young children, she has been listed as one of "America's Top Psychiatrists" by the Consumers' Research Council. Dr. Pavuluri is currently Chair of the Child and Adolescent Bipolar Foundation's Professional Advisory Council.

Dr. Pavuluri's book is the #1 resource I will go to when I have questions about anything related to bipolar disorder in kids. My daughter, now 13, was diagnosed with bipolar 2 years ago. Anyone dealing with this knows the confusion, frustration, heart break, exhaustion, etc. that goes hand in

hand with this disorder. Thankfully, Dr. Pavuluri has gifted us with an easy to read, encouraging, hopeful, and realistic guide to help parents navigate thru the difficult times as well as take joy in the special and unique children that we have been blessed with. Dr. Pavuluri's years of experience as director of the bipolar clinic at UIC in Chicago is evident in the wealth of information and expertise that she presents in this book. For me, personally, her chapter on medications , their descriptions, usage, dosage, etc. has been an enormous help. I feel confident knowing that she has years of experience using these medications with kids, and she clearly explains the pros and cons of each medication used in treating bipolar in kids. You can not go wrong in purchasing this book . Keep it on your shelf and refer to it often. Thank you Dr. Pavuluri for your book and all the help that you offer to parents of children diagnosed with bipolar disorder. Kathleen Kuper Mokena, Illinois

This book is a blessing!!! With a recent BiPolar diagnosis of my nine year old daughter - and feeling as though life was spinning out of control - our family came across this book, and have subsequently sought out Dr. mani Pavuluri to be our daughter's primary mental health care provider. Mani's compassion, understanding, and insights into the world of BiPolar is gentle, honest, and hope-filled! This book is a must-read for anyone wanting to know more about what children with BiPolar and their families live with!

Applying adult criteria to diagnose children with the Bipolar Disorder is an injustice to the children and their parents. This book provides an excellent resource for parents and counselors to develop a foundation to learn about childhood bipolar disorder. The book provides interventions that may be used with children. It also addresses parental-child relationship and dynamics. This book is a foundational book to begin to learn about the childhood bipolar disorder and opens the door of hope for the child's future.

I'm a psychologist so I'm always looking for books to pass on to my clients. The book is written in such a manner that it is easy for parents to follow along. The writer is also a parent of a bipolar child so she relates some of her frustrations with the mental health system. She attempts to help parents sort out other possible causes of the child's behavior and co-existing problems. I haven't finished reading it yet, but so far one parent was willing to admit their child needed help after reading her description of Bipolar Disorder.

What Works for Bipolar Kids: Help and Hope for Parents This book is a welcome addition to

resources for parents struggling to help their child deal with a bipolar diagnosis. Dr. Pavuluri writes as though she is seeing into your family's heart and I know the knowledge shared in this book will ultimately help our family to heal. We will always have to grow and learn new ways to cope with this difficult diagnosis our daughter has received, but this book will be an essential tool along the way. Thank you to Dr. Pavuluri and her team for their years of research that ultimately led to her writing this book and for offering real solutions to the everyday challenges we, as parents of bipolar kids, face on a daily basis. If you are new to this diagnosis, you MUST get this book. If you've been struggling with this diagnosis for awhile now - open the pages and help is on the way!!!! Thank you Dr. Pavuluri from the bottom of my broken heart!

Limited audience. Probably good book for parents to read.

Have a granddaughter with bipolar. Was very helpful to understand what is good to do for her. Recommended by her therapist.

I bought this book to help me handle my child who was actually not diagnosed with bipolar, but rather with asperger disorder + mood disorder not defined (one day his diagnose might be changed to bipolar). I bought this book with the idea that the same or identical stuff that works for the everyday struggle (not medical) with bipolar kids should work for any severe mood disorder, and indeed I found it to be an excellent guide.

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