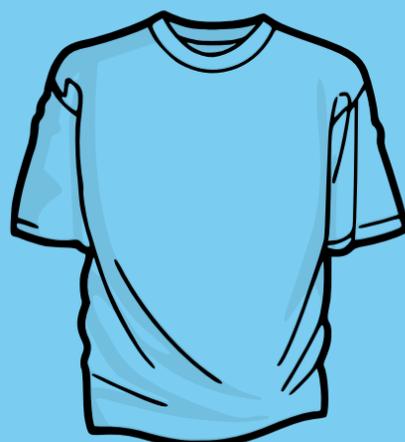


DEPRESSION IN CHILDREN

Tips for Parents

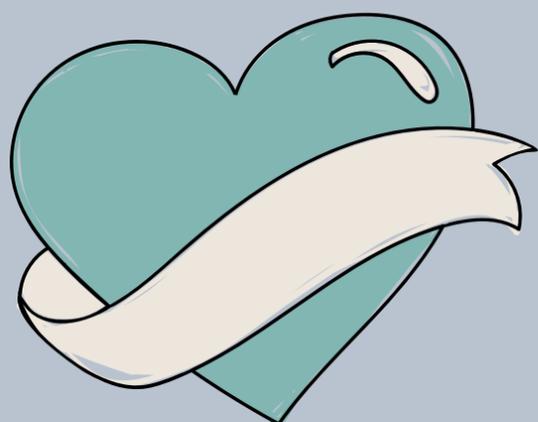
THEY WEAR IT DIFFERENTLY

Believe it or not, many children with depression go untreated because their parents are unable to recognize their depression. These new emotions may be hard for young ones to explain, and completely avoided by teenagers. Few symptoms include changes in weight, insomnia every day, and agitation.



PEEL AWAY THE STICKY STIGMA OF BLAME

It's important to express that depression is like any other illness. We don't make ourselves sick, it's not our fault if we catch a cold: neither is depression. Keeping open communication about mental health throughout the years is key.



MAKE IT AGE APPROPRIATE

Make sure that the conversation is age-appropriate. Words are extremely important and speaking to your children where they are is integral for them to understand. This is regardless if the parent or the child may be the one suffering from depression.

Some books that may help with young children are in the following link <https://bookroo.com/books/topics/depression-and-mental-illness>



KEEP CONNECTION EVEN THROUGH TEEN YEARS

It's a known phenomenon that when children reach preteen and teen ages, they tend to seek independence from their family structure. However, studies suggest a correlation between parents' alienation and teenage depression during these specific years (Ebbert, Infurna, & Luthar; 2018). This was found to be particularly influenced by mother-child bonds (Ee & Arshat; 2019). Yielding a balance of relinquishing independence and being present may feel like an oxymoronic tightrope sometimes, however, it's well worth the work.



REMEMBER: IT CAN BE TREATED

One of the greatest combatants against depression in children is Cognitive Behavior Therapy (CBT). Considered the frontline treatment of depression by the APA, CBT aims to help in negative thought identification and replacing them with positive ones. It's a great way to learn introspection



References

Ebbert, A., Infurna, F. & Luthar, S. (2018). Mapping developmental changes in perceived parent-adolescent relationship quality throughout middle school and high school. *Development and Psychopathology*. 31. 1-16. Doi: 10.1017/S0954579418001219.

Ee, A. & Arshat, Z. (2019). Parent-Child Relationship and Depression among Adolescents in Selangor, Malaysia. 6. 61-65.