

sick parents guide

sick parents guide is an essential resource for anyone navigating the emotional and practical challenges of caring for a parent facing illness. This comprehensive article provides actionable strategies, support tips, and expert advice to help families manage caregiving responsibilities, communicate effectively with healthcare professionals, and maintain their own well-being throughout the journey. Readers will discover guidance on organizing medical information, providing emotional support, balancing daily life, and accessing community resources. Whether you're dealing with a short-term illness or a chronic health condition, this sick parents guide offers valuable information to empower caregivers and loved ones to make informed decisions with confidence. Continue reading to explore practical solutions, caregiver stress management techniques, and important legal considerations, all designed to help you support your parent compassionately and efficiently.

- Understanding Your Parent's Illness
- Building an Effective Care Plan
- Managing Medical Information and Appointments
- Providing Emotional Support
- Balancing Caregiving and Personal Life
- Community Resources and Support Networks
- Legal and Financial Considerations
- Self-Care for Caregivers

Understanding Your Parent's Illness

Gaining a clear understanding of your parent's health condition is the foundation of effective caregiving. The sick parents guide stresses the importance of learning about the diagnosis, treatment options, and potential symptoms. Researching medical terminology and asking detailed questions during doctor visits can clarify the prognosis and anticipated care needs. This knowledge empowers families to anticipate challenges, prevent complications, and provide targeted support. It is also beneficial to familiarize yourself with the common symptoms, medication side effects, and warning signs that may require immediate medical attention.

Key Steps to Understanding the Illness

- Request written information from healthcare providers.
- Attend medical appointments and take notes.
- Consult reputable medical sources for additional research.
- Monitor changes in symptoms and document daily observations.

Building an Effective Care Plan

Developing a structured care plan is crucial for managing a sick parent's needs. The sick parents guide recommends collaborating with healthcare professionals, family members, and, when possible, your parent. Clear communication ensures everyone understands the care objectives and responsibilities. Establishing routines for medication, meals, personal hygiene, and physical activity helps maintain stability and fosters a sense of security. Flexibility is important, as care plans may require adjustments due to evolving health conditions.

Components of a Comprehensive Care Plan

- Daily schedules for medication, meals, and activities
- Emergency contacts and procedures
- Assignment of caregiving tasks among family members
- Regular review and updates as needs change

Managing Medical Information and Appointments

Keeping accurate medical records and coordinating appointments are vital responsibilities highlighted in every sick parents guide. Organize information such as medication lists, test results, and insurance documents in a dedicated folder or digital system. Setting reminders for appointments and refills can prevent missed treatments and ensure continuity of care. It's equally important to prepare questions for

healthcare visits and communicate any concerns or changes promptly to medical professionals.

Tips for Staying Organized

- Use calendars or mobile apps for tracking appointments.
- Keep a list of all medications and dosages.
- Store important documents in a secure, accessible location.
- Bring updated health records to each medical visit.

Providing Emotional Support

Supporting a sick parent emotionally is a central theme in the sick parents guide. Illness often leads to anxiety, frustration, and sadness for both patients and their families. Open communication, empathetic listening, and reassurance help maintain trust and comfort. Encourage your parent to express their feelings, and validate their emotions without judgment. When appropriate, seek professional counseling or support groups to address mental health concerns and foster resilience.

Effective Emotional Support Strategies

- Engage in regular conversations about feelings and concerns.
- Participate in enjoyable, low-stress activities together.
- Maintain a positive but realistic outlook.
- Offer encouragement and celebrate small milestones.

Balancing Caregiving and Personal Life

Caregivers often struggle to balance their responsibilities with personal commitments, leading to fatigue and burnout. The sick parents guide emphasizes the necessity of setting boundaries and delegating tasks

when possible. Prioritizing self-care, pursuing hobbies, and maintaining social connections are essential for sustaining your own health and well-being. Establishing routines and enlisting support from family, friends, or professional caregivers can help manage stress and prevent overwhelming situations.

Practical Tips for Maintaining Balance

- Schedule regular breaks and personal time.
- Ask for help from trusted individuals.
- Utilize respite care services when available.
- Stay connected with support groups and community resources.

Community Resources and Support Networks

Accessing community resources can greatly enhance caregiving effectiveness and reduce isolation. The sick parents guide suggests exploring local organizations, government programs, and online communities for practical assistance and emotional support. Services such as transportation, meal delivery, and home healthcare can ease the burden on families. Connecting with others in similar situations provides valuable advice, companionship, and reassurance during difficult times.

Types of Support Available

- Medical social workers and case managers
- Nonprofit organizations for specific illnesses
- Faith-based and community support groups
- Local transportation and meal programs
- Respite care and home health aides

Legal and Financial Considerations

Managing legal and financial matters is a key aspect of the sick parents guide. Caregivers should ensure that essential documents, such as health care proxies, advance directives, and power of attorney, are prepared and up to date. Reviewing insurance coverage, disability benefits, and government assistance programs helps alleviate financial strain. Consulting with legal and financial advisors can clarify complex issues and safeguard your parent's interests.

Important Documents to Prepare

- Advance healthcare directives
- Durable power of attorney
- Medical and financial records
- Insurance policies and benefit statements

Self-Care for Caregivers

The demands of caregiving can take a toll on physical and emotional health. The sick parents guide underlines the importance of self-care practices to maintain resilience, energy, and a positive outlook. Regular exercise, healthy eating, and adequate sleep are crucial. Engaging in relaxation techniques, mindfulness, or counseling can help manage stress and promote well-being. Remember, caring for yourself enables you to provide better care for your parent.

Recommended Self-Care Practices

- Follow a balanced diet and stay hydrated.
- Exercise regularly, even if only for short periods.
- Practice relaxation methods such as meditation or deep breathing.
- Seek emotional support when needed.

Trending Questions and Answers About Sick Parents Guide

Q: What are the first steps to take when a parent becomes seriously ill?

A: Begin by gathering medical information, contacting healthcare providers, and organizing family support. Assess immediate care needs and start documenting important details related to the illness.

Q: How can I balance my job with caring for a sick parent?

A: Consider flexible work arrangements, delegate caregiving tasks among family members, and utilize community resources such as respite care or adult day programs.

Q: What legal documents should I prepare when caring for a sick parent?

A: Essential documents include advance directives, power of attorney, medical releases, and updated insurance policies. Consulting a legal professional ensures everything is properly completed.

Q: How do I manage the emotional stress of caregiving?

A: Regular self-care, joining support groups, and seeking counseling can help alleviate emotional stress. Maintain social connections and ask for help when needed.

Q: What are the signs that my parent may need professional home care?

A: Indicators include difficulty with daily activities, frequent medication errors, mobility issues, and worsening health conditions. Consulting a healthcare provider can help determine appropriate next steps.

Q: How do I communicate effectively with healthcare professionals?

A: Prepare questions before appointments, keep clear records, and share observations about your parent's health. Don't hesitate to request clarification on medical terms or treatment plans.

Q: Are there financial assistance programs for families caring for sick parents?

A: Many government and nonprofit programs offer financial support for medical expenses, home care, and transportation. Research local and national resources to find suitable options.

Q: What can I do if family members disagree on care decisions?

A: Facilitate open discussions, involve neutral mediators or social workers, and prioritize your parent's wishes and best interests.

Q: How can I help my parent cope emotionally with their illness?

A: Encourage open communication, provide reassurance, celebrate achievements, and support participation in enjoyable activities. Consider professional mental health support if needed.

Q: What resources are available for long-distance caregivers?

A: Long-distance caregivers can use technology to stay connected, hire local support, and coordinate care through case managers or trusted contacts. Many organizations offer guidance for remote caregiving.

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The Sick Parents Guide: Navigating Challenges and Providing Care

Caring for sick parents is a deeply personal and often challenging experience. This comprehensive guide offers practical advice and emotional support to help you navigate this difficult period. Whether your parents are dealing with a short-term illness or a long-term condition, this resource provides actionable steps to ensure their well-being and maintain your own mental health. We'll cover everything from understanding their medical needs to managing household logistics and coping with the emotional toll. Let's get started.

Understanding Your Parents' Medical Situation

H2: Communicating with Doctors and Healthcare Providers

The first step is understanding your parents' diagnosis and treatment plan. Don't hesitate to actively participate in doctor's appointments. Take notes, ask clarifying questions, and don't be afraid to advocate for your parents. If you feel overwhelmed, consider bringing a friend or family member for support. It's crucial to maintain open communication with the medical team to stay informed and ensure your parents receive the best possible care.

H3: Gathering Medical Information:

Compile a comprehensive medical history file including medication lists, allergies, previous diagnoses, and contact information for all healthcare providers. This will prove invaluable in emergencies and during transitions between care settings.

H3: Understanding Treatment Plans and Medications:

Familiarize yourself with the specifics of your parents' treatment plan, including medication dosages, side effects, and potential interactions. This understanding will empower you to better monitor their health and respond effectively to any changes.

Practical Assistance and Daily Care

H2: Managing Household Chores and Responsibilities:

Caring for sick parents often means taking on additional household responsibilities. Develop a realistic plan to manage tasks like grocery shopping, cooking, cleaning, laundry, and bill payments. Consider delegating tasks to other family members or hiring outside help if needed. Don't hesitate to ask for support – accepting help is a sign of strength, not weakness.

H3: Adapting the Home Environment:

Make necessary adjustments to your parents' home to improve safety and accessibility. This may involve installing grab bars, removing tripping hazards, or rearranging furniture. Simple modifications can significantly improve your parents' comfort and mobility.

H3: Personal Care Assistance:

Depending on your parents' condition, you may need to provide personal care assistance, such as bathing, dressing, or toileting. If you're unable to provide this level of care, consider exploring options like home health aides or assisted living facilities.

Emotional Well-being: For You and Your Parents

H2: Coping with Stress and Emotional Challenges:

Caring for sick parents is emotionally taxing. Acknowledge your feelings and seek support from friends, family, support groups, or therapists. Prioritizing self-care is crucial to avoid burnout. Engage in activities that help you relax and recharge, such as exercise, meditation, or spending time in nature.

H3: Supporting Your Parents' Emotional Health:

Sick individuals often experience feelings of frustration, anxiety, and depression. Be patient, empathetic, and supportive. Encourage them to express their feelings and offer emotional comfort. Consider involving them in activities they enjoy to help boost their mood.

H3: Maintaining Open Communication:

Open and honest communication is paramount. Regularly check in with your parents to understand their needs and concerns. Encourage them to share their thoughts and feelings without judgment.

Financial Considerations and Legal Planning

H2: Understanding Healthcare Costs and Insurance:

Familiarize yourself with your parents' insurance coverage and explore available resources to help manage healthcare costs. This may include Medicare, Medicaid, or other government assistance programs.

H2: Advance Care Planning and Legal Documents:

Discuss advance care planning with your parents and ensure they have completed necessary legal documents, such as a living will and durable power of attorney for healthcare. These documents will ensure their wishes are respected should they become unable to make decisions for themselves.

Conclusion

Caring for sick parents is a journey that requires patience, resilience, and a strong support system. By proactively addressing medical needs, practical tasks, and emotional well-being, you can provide the best possible care while also protecting your own mental and physical health. Remember, seeking help is a sign of strength, and there are resources available to support you every step of the way.

FAQs

Q1: How do I know when it's time to consider assisted living for my parents? When their needs exceed your ability to provide safe and adequate care, or when their health significantly declines and requires more specialized medical attention than you can provide at home.

Q2: What resources are available for financial assistance with healthcare costs? Contact your local Area Agency on Aging, explore Medicare and Medicaid options, and investigate potential charitable organizations or foundations that offer financial assistance for healthcare expenses.

Q3: How can I cope with my own feelings of guilt and stress? Engage in self-care activities, seek support from family, friends, or support groups, and consider professional counseling or therapy to process your emotions.

Q4: What are some signs that my parent might be experiencing depression or anxiety? Withdrawal from social activities, changes in appetite or sleep patterns, persistent fatigue, irritability, and feelings of hopelessness are all potential indicators.

Q5: How do I find a reputable home health aide or caregiver? Check online reviews, obtain references, and verify licenses and certifications. Consider working with a reputable home care agency to streamline the process and ensure proper vetting.

sick parents guide: When Your Child Is Sick Joanna Breyer, 2021-02-18 'Warm, wise and practical' Cressida Cowell, MBE An invaluable reference for parents of sick or hospitalised children by an experienced and eminent psychologist. To many parents, it is hard to imagine a more upsetting reality than one where their child is hospitalised, severely sick, or terminally ill. In When Your Child is Sick, psychologist Joanna Breyer distils decades of experience working with sick children and their families into a comprehensive guide for navigating the uncharted and frightening terrain. She provides expert advice to guide them through the hospital setting, at-home care, and long-term outcomes. Breyer's actionable techniques and direct advice will help parents feel more in-control of a circumstance that has upended their life. She alerts parents to key personnel in the hospital, gives dialogue prompts to help parents ask for the help they need, addresses the needs of their other children at home, offers advice on how to best utilise friends and family who want to help, includes stories from other families who have been there, and teaches coping techniques to help both parents and children weather the stress of prolonged illness and even death. When Your Child is Sick is a valuable guide to managing the myriad practical and emotional complications of an impossible situation.

sick parents guide: The Parent's Guide to Family-Friendly Work Lori K. Long, 2009-01-23 The Parent's Guide to Family-Friendly Work will assist you in finding a job that allows a balance between work and family. It will help you overcome the barriers you might face in your job search, understand flexible work options and benefits, and learn strategies to find and negotiate an arrangement that works for you and your family. Written by a human resource management professional, this book provides advice with a clear understanding of the limitations and legal concerns of most employers. You'll also find creative ideas on work you can do on your own.

sick parents guide: The Everything Parent's Guide To Children With Depression Rebecca Rutledge, 2007-06-04 Does your child seem sad, withdrawn, or lethargic? You know something's wrong, but you're not sure what to do about it. You're not alone—around six million children suffer from depression. Your child needs help—your help. With The Everything Parent's Guide to Children

with Depression, you can ensure that your child receives the right support and treatment. In this reassuring, practical handbook, Drs. Rebecca Rutledge and Thomas Bannister offer the professional advice you need to determine: -If your child is at risk -How and when to get professional help -The best treatment options -Benefits and side effects of medication -What you and your family can do to help Rutledge, an expert psychologist, and Bannister, a clinical psychiatrist, are both known for their work with depressed children and adolescents. With their help, you'll understand why your child is unhappy—and what you can do about it.

sick parents guide: The Parent's Guide to Family-Friendly Work (EasyRead Super Large 18pt Edition) ,

sick parents guide: A Parent's Guide to Kidney Disorders Glenn H. Bock, 1993

sick parents guide: **The Parent's Guide to Solving School Problems** Don Fontenelle, 2001-12 The Parent's Guide to Solving School Problems About The Book: The Parent's Guide to Solving School Problems is a comprehensive guide to effectively dealing with the most commonly experienced school problems. Written by Dr. Don Fontenelle, a nationally recognized psychologist with over 25 years of experience in working with children and adolescents with all types of problems, this book serves as an invaluable resource for parents of children and adolescents. Every conceivable problem is covered from learning disorders such as dyslexia and mathematics disorder to emotional problems such as anxiety, depression, and others, to anger and violence and other behavioral problems. This book provides a thorough and comprehensive guide for dealing with the most common school problems any child can experience. Must reading for any parent who has children that are still in school. About The Author: Dr. Don Fontenelle received his Ph.D. in Clinical Psychology from Oklahoma State University. He is in private practice in Metairie, Louisiana. Dr. Fontenelle has spent most of his career helping children and their parents. His workshops for teachers and parents on Child/Adolescent Behavior and for parents are widely praised for the positive results experienced by participants. Dr. Fontenelle has authored 13 books on children/adolescents for parents and teachers some of who have been translated into French, Spanish, Portuguese, and Arabic.

sick parents guide: **The Smart Parent's Guide** Jennifer Trachtenberg, 2010-03-16 What to Do When You Don't Know What to Do! " Moms and dads need expert guidelines, especially when it comes to their kids' health. This book reveals the inside strategies I use myself—I'm a parent, too!—to avoid critical, common blunders where it matters most: in the ER, pediatrics ward, all-night pharmacy, exam room, or any other medical hot spot for kids. These tips could save your child's life one day. Even tomorrow." -Dr. Jen Making health care decisions for your child can be overwhelming in this age of instant information. It's easy to feel like you know next to nothing or way too much. Either way, you may resort to guessing instead of making smart choices. That's why the nation's leading health care oversight group, The Joint Commission, joined forces with Dr. Jennifer Trachtenberg on this book: to help you make the right decisions, whether you're dealing with a checkup or a full-blown crisis. The Smart Parent's Guide will give you the information you need to manage the pediatric health care system. Dr. Jen understands the questions parents face—as a mom, she's faced them herself. She walks you through everything: from how to choose the best ER for kids (not adults) to when to give a kid medicine (or not to) to how pediatricians care for their own children (prepare to be surprised). Her goal is your goal: to protect the health of your children. There simply is nothing more important.

sick parents guide: **Super Healthy Kids** Kumuda Reddy, 2010

sick parents guide: **The Campus Cure** Marcia Morris, 2018-01-02 Did you know that one of four college students was diagnosed with a mental health disorder in the last year? College students are experiencing anxiety, depression, alcohol abuse, and other mental health issues at alarming rates in a landscape of growing academic, social, and financial pressures. As a college mental health psychiatrist for over two decades and a mother of two twenty-somethings, Marcia Morris has witnessed the ways problems can derail students from their goals, while parent interventions at critical junctures can help get students back on track. The Campus Cure: A Parent Guide to Mental

Health and Wellness for College Students is a first aid guide to your child's emotional health, preparing you to handle the mental health problems and emotional ups and downs many young adults experience in college. With anecdotes and the latest scientific literature, this book will increase your awareness of common problems, pressures, and crises in college; illustrate how you can support your child and collaborate with campus resources; and provide stories of hope to parents who often feel alone and overwhelmed when their child experiences a mental health problem. While you have the passion to help your child, this book will provide you with the tools to guide your child toward health and happiness in the college years.

sick parents guide: *A Sick Day for Amos McGee* Philip C. Stead, 2018-01-02 The 2011 Caldecott Medal winner is now available as a board book, perfect for the youngest of readers. Full color.

sick parents guide: Anorexia And Bulimia: A Parent's Guide To Recognising Eating Disorders and Taking Control Dee Dawson, 2012-05-31 Anorexia nervosa is a condition in which sufferers diet continually and starve themselves. They may also use laxatives, vomiting or exercise excessively in order to control weight. Anorexia usually occurs in young women, starting in their teens, and it is estimated that about 2 per cent of all young women suffer from it. Bulimia is an eating disorder which is also on the rise among young people. They use the binge/purge cycle to extreme in their attempts to control their weight. This is a comprehensive, positive and practical guide to detecting the early signs of eating disorders and then curing them. Written with years of experience and expertise, it encourages parents to understand the illness, overcome their fears and take control of the situation, whether that means enforcing a strict meal plan or taking the decision to seek professional help. The book includes early signs to look out for; the possible effects of the illness, both physical and psychological; the treatments available and, most importantly, the plan, which helps parents to take positive action and really make a difference to their child's life.

sick parents guide: A Parent's Guide to Rheumatic Disease in Children Thomas J.A. Lehman M.D., Thomas J. A. Lehman, 2008-04-14 Here is a gold mine of expert advice that is invaluable both for parents whose children have rheumatic disorders and for parents of children with complaints, discomfort, or disability who are not getting the answers they need from their physician. Using simple analogies and illustrative anecdotes to illuminate hard-to-grasp concepts, Dr. Lehman helps parents interpret their child's complaints and to determine whether medical attention is needed. Even more important, the book explains to parents how to follow through with a physician and make sure their child receives the appropriate tests, the proper diagnosis, and ultimately, the best care possible.

sick parents guide: Sick Porochista Khakpour, 2018-06-05 A Best Book of the Year: Real Simple, Entropy, Mental Floss, Bitch Media, The Paris Review, and LitHub. Time Magazine's Best Memoirs of 2018 • Boston Globe's 25 Books We Can't Wait to Read in 2018 • BuzzFeed's 33 Most Exciting New Books • GQ Best Non Fiction Book of 2018 • Bustle's 28 Most Anticipated Nonfiction Books of 2018 list • Nylon's 50 Books We Can't Wait to Read in 2018 • Electric Literature's 46 Books to Read By Women of Color in 2018 "Porochista Khakpour's powerful memoir, *Sick*, reads like a mystery and a reckoning with a love song at its core. Humane, searching, and unapologetic, *Sick* is about the thin lines and vast distances between illness and wellness, healing and suffering, the body and the self. Khakpour takes us all the way in on her struggle toward health with an intelligence and intimacy that moved, informed, and astonished me." — Cheryl Strayed, New York Times bestselling author of *Wild* A powerful, beautifully rendered memoir of chronic illness, misdiagnosis, addiction, and the myth of full recovery. For as long as author Porochista Khakpour can remember, she has been sick. For most of that time, she didn't know why. Several drug addictions, some major hospitalizations, and over \$100,000 later, she finally had a diagnosis: late-stage Lyme disease. *Sick* is Khakpour's grueling, emotional journey—as a woman, an Iranian-American, a writer, and a lifelong sufferer of undiagnosed health problems—in which she examines her subsequent struggles with mental illness and her addiction to doctor prescribed benzodiazepines, that both aided and eroded her ever-deteriorating physical health. Divided by settings, Khakpour guides the reader

through her illness by way of the locations that changed her course—New York, LA, Santa Fe, and a college town in Germany—as she meditates on the physiological and psychological impacts of uncertainty, and the eventual challenge of accepting the diagnosis she had searched for over the course of her adult life. A story of survival, pain, and transformation, *Sick* candidly examines the colossal impact of illness on one woman's life by not just highlighting the failures of a broken medical system but by also boldly challenging our concept of illness narratives.

sick parents guide: The Everything Parent's Guide To Children With Juvenile Diabetes

Moira McCarthy, Jake Kushner, 2007-04-02 Parents of children who have been diagnosed with diabetes are faced with an overwhelming, and sometimes frightening, amount of information. The *Everything Parent's Guide to Children with Juvenile Diabetes* helps readers to cope with the challenges of helping their children live happy, healthy lives while controlling the disease. Parents of children who have been diagnosed with diabetes are faced with an overwhelming, and sometimes frightening, amount of information. The *Everything Parent's Guide to Children with Juvenile Diabetes* helps readers to cope with the challenges of helping their children live happy, healthy lives while controlling the disease. This reassuring, easy-to-use guide features advice on: -Adjusting to life with diabetes -Helping children take control of their health -Monitoring diet and insulin levels -Handling emergencies -Finding support for children and parents

sick parents guide: The Conscious Parent's Guide to Autism Marci Lebowitz, 2016

Contains material adapted from *The Everything Parent's Guide to Children with Autism*, 2nd edition by Adelle Jameson Tilton...and *The Everything Parent's Guide to Raising Mindful Children* by Jeremy Wardle and Maureen Weinhardt....--Title page verso.

sick parents guide: A Parent's Guide to Children's Medicines Edward A. Bell, 2012-08-01 In A

Parent's Guide to Children's Medicines, an experienced pediatric pharmacist answers questions about how to give safe and effective medications to children. Whether medicine is used to treat asthma or ear infections, medicine is often necessary and can be life saving—yet many parents worry about side effects and possible long-term consequences. This book tells parents how drugs for children are prescribed and used, and how to give these medications to children for the best results. Inside: • information to help parents weigh the benefits and risks of medicines • descriptions of medicine for treating fever, infection, and common illnesses • practical tips on measuring, flavoring, and administering liquid medicines • directions for giving medicine in the mouth, the nose, the ear, and the eye • advice for keeping children safe around medications • facts about vaccinations: how do they work, and are they safe? • answers to parents' frequently asked questions -- Phil Brunell, M.D., Professor of Pediatrics Emeritus, University of California, Los Angeles

sick parents guide: The Parent's Guide to Homeopathy Shelley Keneipp, 2015-07-14 This book

is the most comprehensive and easy-to-use guide available for parents who want to use homeopathy to treat their children's illnesses safely, gently, and effectively. Practical, concise, and user-friendly, *The Parents' Guide to Homeopathy* provides homeopathic remedies for more than 150 acute conditions, from annoying to threatening, that arise in the everyday lives of kids. Instructions on how to observe physical and emotional symptoms in kids from newborns to teens; succinct descriptions of gentle, safe, and nontoxic remedies; and sections on winter ailments, first-aid, enhancing healing, and travel put a wealth of knowledge at parents' fingertips. Remedy tables at the back of the book help decipher the correct treatment for each condition. Shelley Keneipp shares her wealth of knowledge and many years of experience to provide a clear, simple education concerning homeopathic remedies. She empowers parents who want to break the habit of relying exclusively on medical expertise and instead to use relatively economical over-the-counter remedies without worrying about harmful side effects. She suggests essential remedies to stock for any household first aid kit; provides background on common ailments such as coughs, colds, fevers, and digestive problems; and includes eye-catching sidebars that alert readers to conditions that demand immediate medical attention. Boxed entries clue readers to what symptoms to observe and how to differentiate between similar presentations. Taken together, these features make this book the gold standard for parents who want to apply the gentlest possible cure in the shortest possible time with the

fewest reasons for intervention.

sick parents guide: Rifles for Watie Harold Keith, 1987-09-25 Jeff Bussey walked briskly up the rutted wagon road toward Fort Leavenworth on his way to join the Union volunteers. It was 1861 in Linn County, Kansas, and Jeff was elated at the prospect of fighting for the North at last. In the Indian country south of Kansas there was dread in the air; and the name, Stand Watie, was on every tongue. A hero to the rebel, a devil to the Union man, Stand Watie led the Cherokee Indian Na-tion fearlessly and successfully on savage raids behind the Union lines. Jeff came to know the Watie men only too well. He was probably the only soldier in the West to see the Civil War from both sides and live to tell about it. Amid the roar of cannon and the swish of flying grape, Jeff learned what it meant to fight in battle. He learned how it felt never to have enough to eat, to forage for his food or starve. He saw the green fields of Kansas and Okla-homa laid waste by Watie's raiding parties, homes gutted, precious corn deliberately uprooted. He marched endlessly across parched, hot land, through mud and slash-ing rain, always hungry, always dirty and dog-tired. And, Jeff, plain-spoken and honest, made friends and enemies. The friends were strong men like Noah Babbitt, the itinerant printer who once walked from Topeka to Galveston to see the magnolias in bloom; boys like Jimmy Lear, too young to carry a gun but old enough to give up his life at Cane Hill; ugly, big-eared Heifer, who made the best sourdough biscuits in the Choctaw country; and beautiful Lucy Washbourne, rebel to the marrow and proud of it. The enemies were men of an-other breed - hard-bitten Captain Clardy for one, a cruel officer with hatred for Jeff in his eyes and a dark secret on his soul. This is a rich and sweeping novel-rich in its panorama of history; in its details so clear that the reader never doubts for a moment that he is there; in its dozens of different people, each one fully realized and wholly recognizable. It is a story of a lesser -- known part of the Civil War, the Western campaign, a part different in its issues and its problems, and fought with a different savagery. Inexorably it moves to a dramat-ic climax, evoking a brilliant picture of a war and the men of both sides who fought in it.

sick parents guide: A Parent's Guide to Raising Grieving Children Phyllis R. Silverman, Madelyn Kelly, 2009-04-02 When children lose someone they love, they lose part of their very identity. Life, as they knew it, will never be quite the same. The world that once felt dependable and safe may suddenly seem a frightening, uncertain place, where nobody understands what they're feeling. In this deeply sympathetic book, Phyllis R. Silverman and Madelyn Kelly offer wise guidance on virtually every aspect of childhood loss, from living with someone who's dying to preparing the funeral; from explaining death to a two year old to managing the moods of a grieving teenager; from dealing with people who don't understand to learning how and where to get help from friends, therapists, and bereavement groups; from developing a new sense of self to continuing a relationship with the person who died. Throughout, the authors advocate an open, honest approach, suggesting that our instinctive desire to protect children from the reality of death may be more harmful than helpful. Children want you to acknowledge what is happening, to help them understand it, the authors suggest. In this way, they learn to trust their own ability to make sense out of what they see. Drawing on groundbreaking research into what bereaved children are really experiencing, and quoting real conversations with parents and children who have walked that road, the book allows readers to see what others have learned from mourning and surviving the death of a loved one. In a culture where grief is so often invisible and misunderstood, the wisdom derived from such first-hand experience is invaluable. Filled with compassion and common sense, A Parent's Guide to Raising Grieving Children: Rebuilding Your Family after the Loss of a Loved One offers readers a wealth of solace and sound advice, and even--where one might least expect it--a measure of hope.

sick parents guide: The Parent's Guide to Eating Disorders Jane Smith, 2011-03-29 At least 1.1 million people in the UK are affected by an eating disorder, with people aged 14-25 most at risk. Books about eating disorders are often quite academic and aimed at the sufferer themselves. Very little is available for parents of sufferers. Jane Smith, director of Anorexia Bulimia Care charity has written this book, in collaboration with Care for the Family to provide practical advice for parents of eating disorder sufferers. Jane draws on her own experience of helping her young daughter through

an eating disorder as well as case studies of the many families ABC has helped over the years . Includes answers to the most frequently asked questions ABC receives from parents. Supported by Care for the Family and includes a foreword by Rob Parsons.

sick parents guide: A Parent's Guide to Locating Responsible Child Care Ronald R Capps, 2007-12 You Need To Take These Specific Actions To Safeguard Your Child From Possible Harm SIX THINGS THIS BOOK WILL HELP YOU ACHIEVE 1. Create a safer environment for your child. 2. Effectively screen your child care provider(s). 3. Increase your knowledge in selecting a competent child care provider. 4. Locate the absolute best child care providers in your area. 5. Decrease the chances of child care abuse. 6. Feel confident that your child is in good care when you're not present. This book will help determine you and your child's needs, create a safer environment and help you select the absolute best child care your area has to offer without putting your child at risk.

sick parents guide: The Everything Parent's Guide to Raising Boys Cheryl L Erwin, 2010-11-18 Potty training. Violent video games. Dating! Raising a son is a wonderful adventure--but it can also be a challenge. You worry about your son's self-image, his values, his relationship with them--and with others. You want your son to succeed and grow into a capable young man, but how can you make sure that happens? This comprehensive guide shows you how to help your son: Strengthen his self-image and resist peer pressure Identify and exhibit acceptable behaviors Build friendships and relationships Succeed in school--and beyond Raising a son is no easy task. But with patience, perseverance, and this guide, you can see your son through challenging times and take pride in his successful transition from boy to man.

sick parents guide: The Conscious Parent's Guide to Raising Boys Cheryl L Erwin, Jennifer Costa, 2017-01-01 The tools you need to foster a positive, supportive relationship with your son! Concerns about self-esteem, peer pressure, and behavior can make raising healthy, happy boys seem overwhelming--but it doesn't have to be. With the help of The Conscious Parent's Guide to Raising Boys, you can encourage open communication with your son. With patience and everyday mindfulness, you can guide your boys from childhood through those challenging developmental years. This easy-to-use guide explains how you can help your son: Communicate effectively with others Strengthen self-image and resist peer pressure Define and exhibit acceptable behavior Keep their commitments to family, community, and themselves Family therapist Jennifer Costa provides you with the information and support you need for parenting with flexibility, resilience, and love so you can create a calm, happy environment for raising well-adjusted, confident boys.

sick parents guide: Everything, Everything Nicola Yoon, 2015-09-01 Risk everything for love with this #1 New York Times bestseller from Nicola Yoon • Gorgeous and lyrical—The New York Times Book Review What if you couldn't touch anything in the outside world? Never breathe in the fresh air, feel the sun warm your face . . . or kiss the boy next door? In Everything, Everything, Maddy is a girl who's literally allergic to the outside world, and Olly is the boy who moves in next door . . . and becomes the greatest risk she's ever taken. This extraordinary first novel about love so strong it might kill us is too good to feel like a debut. Tender, creative, beautifully written, and with a great twist, Everything, Everything is one of the best books I've read this year.—Jodi Picoult My disease is as rare as it is famous. Basically, I'm allergic to the world. I don't leave my house, have not left my house in seventeen years. The only people I ever see are my mom and my nurse, Carla. But then one day, a moving truck arrives next door. I look out my window, and I see him. He's tall, lean and wearing all black—black T-shirt, black jeans, black sneakers, and a black knit cap that covers his hair completely. He catches me looking and stares at me. I stare right back. His name is Olly. Maybe we can't predict the future, but we can predict some things. For example, I am certainly going to fall in love with Olly. It's almost certainly going to be a disaster. Everything, Everything will make you laugh, cry, and feel everything in between. It's an innovative, inspiring, and heartbreakingly romantic debut novel that unfolds via vignettes, diary entries, illustrations, and more. And don't miss Nicola Yoon's bestselling novels The Sun Is Also A Star and Instructions for Dancing.

sick parents guide: The Everything Parent's Guide To Childhood Illnesses Leslie Young,

Vincent Iannelli, 2007-03-13 Written by a recognized M.D. with his own pediatric office, *The Everything Parent's Guide to Childhood Illnesses* debunks the myths and offers you a trusted reference for recognizing and troubleshooting common childhood illnesses. With this book, you will feel confident that you can handle common ailments and gauge the seriousness of your child's condition. This helpful guide covers newborns to adolescents, offering detailed information and helpful tips on: *Diaper rashes and skin problems *Antibiotics and vaccines *When to worry about a fever *Cold remedies for infants *Bedwetting Dr. Young gives you the straight facts, helping you avoid costly doctor visits and worrisome, sleepless nights. *The Everything Parent's Guide to Childhood Illnesses* will help you sleep better at night, knowing you have the tools and know—how to raise a happy, healthy child.

sick parents guide: A Parent's Guide to Defeating Eating Disorders Ahmed Boachie, Karin Jasper, 2011 Featuring metaphorical explanations for parents and caregivers about eating disorders and their treatments, a conceptual guide explains how to facilitate a supportive relationship with sufferers at every stage toward health. Original.

sick parents guide: A Parent's Guide to Self-Regulation Amber Thornton, 2024-06-18 Discover tools and techniques for managing emotions, reactions, and behavior in this friendly, evidence-based book designed especially to help and support struggling, overstressed parents. As the millennial generation moves into their parenting years, posting on social media about milestones, memories, and good times is almost second nature. Families can seem “perfect,” and some parenting methods are heralded as “the best.” However, behind closed doors, many parents and caregivers struggle greatly no matter what method or combination of parenting methods they use. There are points where it seems like you’ve tried everything. Maybe it even feels hopeless. That’s where *A Parent’s Guide to Self-Regulation* comes in. This book will demystify the concepts of dysregulation and parental self-regulation, and will normalize prioritizing these skills for parents, before bringing the concepts into parenting children. With this book’s step-by-step framework, you will learn how to mitigate tough parenting moments, develop self-regulatory skills, and read real accounts from other parents. From addressing societal myths about dysregulated parenthood to tips on re-parenting yourself for better regulation and everything in-between, this book will serve as both a friendly companion and a source of solid, evidence-based advice. *A Parent’s Guide to Self-Regulation* is written by Dr. Amber Thornton, a clinical psychologist and mother of two, who knows what it feels like to struggle with dysregulation and self-regulation as a parent.

sick parents guide: The Busy Parent's Guide to Managing Exhaustion in Children and Teens Laurie Hollman, 2020-06-09 Do you wonder why your child or teen seems drained, overtired, moody, anxious, and depressed? Are you uncertain if and when you should be worried about the amount of sleep they get? Exhaustion is a symptom of varied problems with a wide range of meanings. In this quick read for busy parents, you will meet many exhausted children and teens, from a two-year-old taking excessive naps to avoid feelings of loss to a sixteen-year-old super athlete with ambitious career goals. Psychoanalyst Laurie Hollman, PhD, provides insight and guidance to help your exhausted child. This mini book includes: Recommendations for adequate sleep. An exploration of special problems, such as kids of parents with marital problems or dual working parents; an emphasis on being the smartest kids globally; burn out, depression, and anxiety; insufficient free play time; and the effects of screen time. Research about the effects of exhaustion on memory, school performance, mood regulation, pain sensitivity, and the immune function, and more! Using the 5 steps of The Parental Intelligence Way, you can learn how to identify and alleviate the various reasons your kids are exhausted and what you can do about it!

sick parents guide: A Parent's Guide to Childhood Cancer Dagmara Beine, 2024-05-16 Indispensable . . . Dr. Beine provides a practical primer on integrative cancer therapies for children based on a metabolic framework of understanding the disease. I can’t recommend [this book] enough.”—Chris Kresser, MS, LAc, founder of Kresser Institute; New York Times bestselling author An invaluable, revolutionary, research-based resource for parents—grounded in nutrition, detoxification, and mental wellbeing, while aiming to reduce suffering and promote long-term

recovery. "Your child has cancer." Every day, forty-three American families hear these words, thrusting them headlong into the terrifying and unfamiliar territory of pediatric oncology. In *A Parent's Guide to Childhood Cancer*, pediatric oncology specialist Dagmara Beine guides readers through the most difficult scenario a parent will ever face—a child's diagnosis of life-threatening disease—and argues that the greatest tragedy of conventional oncology is its failure to incorporate safe, effective, and potentially life-saving integrative therapies. In *A Parent's Guide to Childhood Cancer*, Beine teaches parents how to effectively incorporate these integrative therapies alongside conventional oncology, including surgery, radiation, and chemotherapy. Beine's approach is grounded in the metabolic approach to cancer—pioneered by the work of Dr. Nasha Winters—applied to a wildly underserved cancer patient population: children. Topics include: Understanding diagnoses and how to go about seeking a second opinion Assembling a medical team that includes both conventional and integrative oncology experts Essential tests—both conventional and integrative—and how to interpret them How to develop a metabolically healthy, anti-cancer nutrition plan Integrative therapies for specific diagnoses and reducing side effects How to harness post-treatment detoxification and gut-healing protocols The critical importance of, sleep, movement, stress reduction, and time outside Plus much more Therapies covered include: Mistletoe N-Acetyl Cysteine IV Vitamin C Cannabinoids Glutamine Glutathione Low-Dose Naltrexone Melatonin Hyperbaric Oxygen And more With cancer, Beine says, there is no silver bullet. But with a metabolic approach and the wise integration of simple and effective complementary therapies under the supervision of a metabolic oncology practitioner, there is a path forward to what every parent wants for their sons and daughters: a happy childhood.

sick parents guide: *The Grimm Conclusion* Adam Gidwitz, 2014-09-02 From Newbery Honor-winning, New York Times bestselling author Adam Gidwitz Cover may vary Did you know that Cinderella's stepsisters got their eyes pecked out by birds? Really. And that Rumpelstiltskin ripped himself in half? And that in "The Mouse, the Bird, and the Sausage," a mouse, a bird, and a sausage all talk to each other? (Okay, I guess that one's not that grim.) Those are the real fairy tales. But they have nothing on the fairy tales in this book. For more twisted tales look for *A Tale Dark and Grimm* and *In a Glass Grimly*. * "Underneath the gore, the wit, and the trips to Hell and back, this book makes it clearer than ever that Gidwitz truly cares about the kids he writes for." —Publishers Weekly starred review "Entertaining story-mongering, with traditional and original tropes artfully intertwined."—Kirkus Reviews "As innovative as they are traditional, the stories maintain clear connections with traditional Grimm tales while creatively connecting to the narrative, and all the while keeping the proceedings undeniably grisly and lurid. . . . Readers will rejoice."—School Library Journal

sick parents guide: *The Everything Parent's Guide to Vaccines* Leslie Young, 2009-11-18 To vaccinate or not? It's a decision that all new parents must face within just a few days of their baby being born. Yet, with all the conflicting information on vaccines, it is difficult to sort through what is relevant and reliable. Concerned parents need a book that provides them with helpful information on: Types of vaccines How vaccines work Vaccine safety Adverse reactions Vaccination schedules Possible links to autism This guide presents easy-to-understand information along with the most up-to-date research. Unlike other books that try to pressure you with agendas and frightening data, this comprehensive guide allows you to come to your own conclusion—and make the right decision for your child.

sick parents guide: *The Adoptive Parents' Handbook* Barbara Cummins Tantrum, 2020-09-01 The essential guide to parenting adopted and foster kids--learn to create felt safety, heal attachment trauma, and navigate challenging behaviors and triggers Children who have been adopted and/or shuttled through the foster-care system experience trauma at a much higher rate than other kids, which can make it difficult for them to trust, relax, regulate their emotions, and connect with their new families. As a parent, learning how to heal attachment trauma, attune to your child's needs, identify triggers, and create felt safety is essential to providing the loving, supportive, and stable home they need to thrive. Written for parents of adopted and foster kids of all ages, this book offers

resources for handling common concerns like sleep issues, food sensitivities, anger, fear, and reactivity. It also provides guidance on navigating transracial adoptions, working through parents' own hang-ups, and recognizing signs of developmental and psychological conditions. The book highlights practical strategies and provides real-life examples to address questions like: How do I help my adopted child adjust? Is this kind of behavior normal? How do I help my child live, heal, and thrive with PTSD?

sick parents guide: *The Everything Parent's Guide to Raising Girls* Erika V Shearin Karres, 2011-03-18 Raising a girl in today's world is more complicated than ever. How do you help your daughter navigate through her world of school cliques, confusing media messages, and pressures to be a good girl? Newly revised and updated, this guide gives you smart and comprehensive advice on the trials and triumphs of raising a daughter. Parenting expert Dr. Erika Shearin Karres prepares you for every stage, including: Handling tantrums, bad moods, and potty training Dealing with cliques, bullies, and peer pressure Coping with puberty and menstruation Keeping up with texting, social media, and online relationships Addressing the issues of drinking, smoking, drugs, and sex Enforcing rules and discipline Dr. Karres shows you how to raise your girl with ease, skill, and confidence even in today's challenging world!

sick parents guide: *The Parent's Guide to Eating Disorders* Marcia Herrin, Nancy Matsumoto, 2010-02-01 The Parent's Guide to Eating Disorders shows that effective solutions begin at home and cost little more than a healthy investment of time, effort, and love. Based on exciting new research, it differs from similar books in several key ways. Instead of concentrating on the grim, expensive hospital stays of patients with severe disorders, the authors focus on the family, teaching parents how to examine and understand their family's approach to food and body-image issues and its effect their child's behavior. Parents learn to identify an eating disorder early, to establish healthy attitudes toward food at a young age, and to intervene in a nonthreatening, nonjudgmental way. The authors concentrate on teens, the age group most often affected by eating disorders, as well as younger children. Individual chapters cover boys at risk, relapse training, dealing with friends, school, and summer camp, and much more. The book includes an appendix and sections on further reading, organizations and websites, residential and hospital programs, and references.

sick parents guide: *A Parent's Guide to Gifted Children* James T. Webb, 2007 Practical guidance in key areas of concern for parents, such as peer relations, siblings, motivation and underachievement, discipline, intensity and stress, depression, education planning, and finding professional help.

sick parents guide: *The Conscious Parent's Guide to Raising Girls* Erika V Shearin Karres, Rebecca Branstetter, 2017 Contains material adapted from *The Everything Parent's Guide Raising Girls*, 2nd Edition by Erika V. Shearin Karres--Title page verso.

sick parents guide: *Vaccinations: A Thoughtful Parent's Guide* Aviva Jill Romm, 2001-09-01 • A balanced, comprehensive guide to routine childhood vaccinations that offers parents the information they need to make the right choices for their child. • Fairly examines the pros and cons of this highly charged issue. Deciding whether or when to vaccinate a child is one of the most important--and most difficult--health-care decisions a parent will ever make. The recent increase in the number of vaccinations recommended and the concurrent controversies about whether vaccinations are safe or even effective have left many parents confused and concerned. Midwife, herbalist, and mother of four, Aviva Jill Romm sifts through the spate of current research on vaccine safety and efficacy and offers a sensible, balanced discussion of the pros and cons of each routine childhood vaccination. She presents the full spectrum of options available to parents: full vaccination on a standardized or individualized schedule, selective vaccination, or no vaccinations at all. Negotiating daycare and school requirements, dealing with other parents, and traveling with an unvaccinated child are covered in detail. The book also suggests ways to strengthen children's immune systems and maintain optimal health and offers herbal and homeopathic remedies for childhood ailments. Emphasizing that no single approach is appropriate for every child, the author guides parents as they make the choices that are right for their child.

sick parents guide: A Parent's Guide to Helping Teenagers in Crisis Rich Van Pelt, Jim Hancock, 2007 Fights at school, sexual abuse, eating disorders, school crises ... the list goes on and on. This practical resource covers the whole continuum of private and public crisis, equipping parents to work with their junior high or high schoolers to deal with any crisis in a way that helps the individual and helps the family stay intact.

sick parents guide: The Working Parents Handbook June Solnit Sale, Kit Kollenberg, 1996-03-14 Written primarily for first-time parents--although it features helpful advice that even veteran parents will find helpful--this book provides real-life solutions to the issues working parents face, from informing a boss about a pregnancy to dealing with vacation time for school-age children.

sick parents guide: The Parent's Guide to Childhood Eating Disorders Marcia Herrin, Nancy Matsumoto, 2002-02-06 A successful new approach to treating eating disorders in preteens and teens, from a nationally renowned expert in the field. In a society where eating disorders are rampant, it often takes special awareness and vigilance to raise children who will come to the dinner table free of the modern food-related phobias: fear of being fat, fear of excess calories, and obsession with physical appearance. Emphasizing a nutritional approach to treatment, The Parent's Guide to Childhood Eating Disorders will prove to parents that effective solutions can begin in the home with a reasonable investment of time, effort, and love. This groundbreaking guide includes information on: - spotting early warning signs - normalizing eating and exercises - dealing with school, friends, sports, and camp - knowing when to seek professional help - avoiding a relapse As an expert in eating disorders, a former anorexic, and the mother of two teenagers, Dr. Marcia Herrin speaks with rare authority and understanding. The Parent's Guide to Childhood Eating Disorders takes readers step-by-step through the healing journey that Herrin makes with each of her patients. This important new addition to the literature is a warm, accessible guide that all parents concerned about eating disorders will turn to for practical and reassuring information.

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