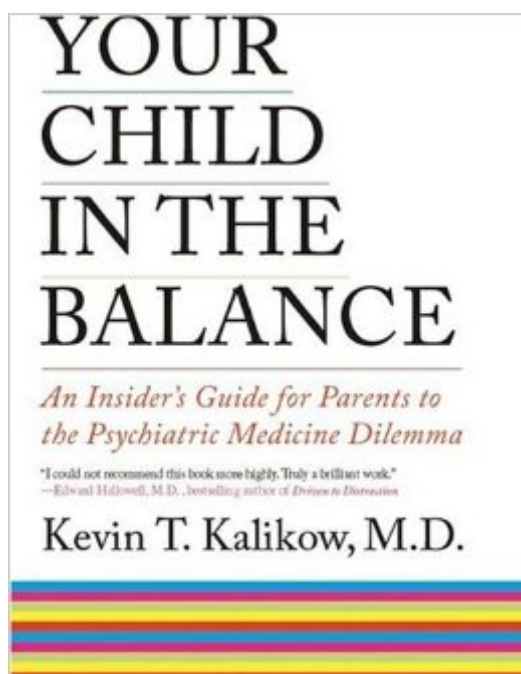


The book was found

Your Child In The Balance



Synopsis

In *Your Child in the Balance*, child psychiatrist, Kevin Kalikow examines the highly topical and thorny question of whether and when to prescribe psychiatric medication to children. As parents, are we too ready to run to our pediatrician for Ritalin when our child shows the first sign of inattention at school? Or do we instead shy away from our doctor's recommendation to consider an anti-depressant for a chronically sad and withdrawn teenager? Among the ever-growing outcry that psychiatric medicines are over-prescribed to children and adolescents today, how is a parent to know whether medication is the right treatment for their troubled child? Dr. Kalikow tackles these questions with the sensitivity and insight of years of experience helping families through the thicket of research and opinion to find the right answer for their child. Through many colorful vignettes, he explores our efforts to protect our children from the inevitable hurts and disappointments of childhood, and the role that medication can play in that attempt. On the other side, Kalikow shows us our determination to have our children succeed or fail on their own, the way we had to do, even to the point of refusing the medication that might help them overcome a serious and potentially chronic disability. Dr. Kalikow guides readers through the maze of possible treatment decisions--the many different families of psychiatric medication, alternative treatments including Cognitive Behavioral Therapy, and perhaps the most difficult decision of no treatment at all. He closes the book by examining one family's difficult journey to the decision to medicate their acutely anxious daughter. *Your Child in the Balance: An Insider's Guide to the Psychiatric Medicine Dilemma* is an important and timely book that will hit home to every parent who has seen their child in pain and asked themselves, "I wonder if medication might help."

Book Information

Hardcover: 268 pages

Publisher: CDS Books; annotated edition edition (March 2006)

Language: English

ISBN-10: 1593153597

ISBN-13: 978-1593153595

Product Dimensions: 9.3 x 6.4 x 1 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (10 customer reviews)

Best Sellers Rank: #2,397,424 in Books (See Top 100 in Books) #75 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Medicine & Psychology](#) #485 in [Books > Health, Fitness](#)

Customer Reviews

This is a sensitive, thoughtful, informative, intelligently written book authored by a well respected psychiatrist. This book is a must read for anyone involved with the welfare of a child.

I have found this book incredibly helpful especially in working with parents who are fearful of putting their kids on medication. I have recommended the book to some of my patients. They felt it was an easy book to read and was helpful to them in deciding whether to put their child on meds or not. I highly recommend this book for both therapists as well as patients. Lori Weinreich

A thoughtful and helpful book for a complex subject. Dr. Kalikow addresses the decision making process of the parents, the child and the health care professional when choosing how to address the needs of their child. It is written clearly, with humor, compassion and tenderness. I believe parents will be able to make a more educated decision after reading this book.

Dealing with a child's illness in any form is always difficult and emotionally draining, but when it comes to less tangible psychological disorders, the acknowledgment of the condition and the subsequent choice of treatment for our children are among the most difficult of all medical issues a parent must deal with. The shift from Freudian therapy to pharmacological treatment of children is new to many of us, and I was admittedly a skeptic and needed a lot of information and understanding. Dr. Kalikow's book was by far the best treatment of any such parenting issue I've ever read. His style of writing - while suffused with an extraordinary amount of well-organized information - is engaging and gentle, and in my case, managed to address almost all of the questions I had on the subject. By presenting scores of individual case vignettes, along with the arguments both for and against various types of treatments, their effects, potential side-effects, time scales, and long-term considerations, Dr. Kalikow's book provided me with a substantial tool with which to deal with problems "in my own back yard." There's a lot of hand-holding in his narratives, and in some cases Dr. Kalikow's easy-going manner may seem like he's addressing an audience of adolescents. But when it comes to handling our children, perhaps we can all benefit from being treated in this way, with a touch on the shoulder and the reassurance that the understanding of these disorders in children is still new to everyone, and their treatments are even newer. Bravo and

thanks to Dr. Kalikow for providing a very useful and engaging body of information.

As a child psychiatrist who works with children, adults and families in much the same way as Dr. Kalikow, and as one who is all too familiar with the "thorny" kinds of issues which can block parents and or their children from benefitting from the therapeutic process and to then go on and experience real healing, I am very grateful to him for this book. "Your Child in the Balance" is a highly readable and easily digested source of information for parents who are faced with the daunting task of obtaining the best help for their children who struggle with emotional and behavioral problems. In an age where so many practitioners in child psychiatry seem to have become almost single minded and focused on the use of pharmacologic agents to treat, if not "cure", our children, using medicines which often do offer both the potential for relief for so many problems as well as risks, and with a media which often fails to provide an appropriate perspective on the complex issues involved in such forms of treatment, it has become increasingly difficult for parents to know who to turn to and who to trust when a child is troubled and in need of "professional help". Knowing when medicine is appropriate and when not, as well as what other therapeutic modalities a parent can expect from child psychiatrists and other "mental health" providers, are examples of the information one can expect to find in this book. He handles these and a host of other related issues in a clear, thoughtful and sensitive, yet straightforward, manner. Dr. Kalikow does an admirable job of presenting timely and relevant issues, filling some of what I consider to be a psychoeducational void with much needed light. Richard A. Flamberg, M.D. South Salem, New York

[Download to continue reading...](#)

Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) Balance is Power: Improve Your Body's Balance to Perform Better, Live Longer, and Look Younger ISO 1940-1:2003, Mechanical vibration -- Balance quality requirements for rotors in a constant (rigid) state -- Part 1: Specification and verification of balance tolerances ISO 1940-2:1997, Mechanical vibration - Balance quality requirements of rigid rotors - Part 2: Balance errors Nutrition: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut) Balance (Off Balance Book 1) Child Discipline Made Easy: Effective Strategies Proven to Change Your Child's Behavior While Maintaining A Healthy Relationship (Child discipline, toddler discipline, parenting) My Child Won't Sleep Through the Night: 5 No-Cry Solutions to Solve Your Child's Sleep Issues (Baby Sleep Solutions, Toddler Sleep Problems, Child Sleep Solutions, No-Cry Sleep

Solution) Your Child in the Balance What Your Doctor May Not Tell You About(TM): Premenopause: Balance Your Hormones and Your Life from Thirty to Fifty (What Your Doctor May Not Tell You About...(Ebooks)) The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) The Tiger's Child: The Story of a Gifted, Troubled Child and the Teacher Who Refused to Give Up On (One Child) LEE CHILD: SERIES READING ORDER: MY READING CHECKLIST: JACK REACHER SERIES, JACK REACHER SHORT STORIES, HAROLD MIDDLETON SERIES, SHORT STORY COLLECTIONS BY LEE CHILD, LEE CHILD ANTHOLOGIES Laying Community Foundations for Your Child with a Disability: How to Establish Relationships That Will Support Your Child After You're Gone Natural Relief for Your Child's Asthma: A Guide to Controlling Symptoms & Reducing Your Child's Dependence on Drugs Motivate Your Child: How to Release Your Child's Inner Drive and Help Them Succeed in Life: A Parents Guide to Raising Kids, Inspire them, Student Success ... Engaged) (Life Psychology Series Book 1) Aim True: Love Your Body, Eat Without Fear, Nourish Your Spirit, Discover True Balance! The Acid-Alkaline Diet for Optimum Health: Restore Your Health by Creating pH Balance in Your Diet The Everything Candida Diet Book: Improve Your Immunity by Restoring Your Body's Natural Balance (Everything's®) Insulin Resistance Diet: Your Step By Step Guide to Cure Diabetes & Prevent Weight Gain® © Over 365+ Delicious Recipes & One Full Month Meal Plan (Insulin Resistance Cookbook, Balance Your Blood-Sugar)

[Dmca](#)