



# **The Everything Parent's Guide to Children with OCD: Professional, reassuring advice for raising a happy, well-adjusted child (Everything®)**

*Stephen Martin, Victoria Costello*

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OCD can make a child's life difficult, turning simple tasks like homework and chores into almost impossible challenges. A child with OCD may feel stressed, worried, and even inadequate. Parents who suspect their child is suffering from OCD--or parents of a child with an OCD diagnosis--can now rest. This helpful guide helps parents with many issues: recognize symptoms; get an accurate diagnosis; find the right doctor and therapist; develop strategies for tackling schoolwork; and decide on the right treatment. Parents will learn how to talk to a child about OCD and devise coping strategies for school, sports, friendships, and other everyday situations. Children with OCD can learn how to enjoy life--without all the worry!

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