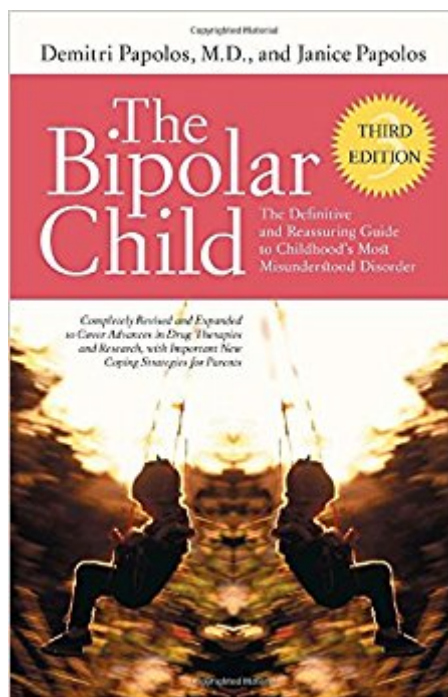




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# The Bipolar Child: The Definitive And Reassuring Guide To Childhood's Most Misunderstood Disorder, Third Edition



## Synopsis

Since it first appeared on bookshelves, *The Bipolar Child* has made an indelible mark on the field of psychiatry and has become the resource that families rely upon. Now, with more than 200,000 copies sold, the first book about early-onset bipolar disorder is completely revised and expanded. Bipolar disorder—“manic depression”—was once thought to be rare in children. Now researchers are discovering not only that bipolar disorder can begin early in life, but that it is much more common than ever imagined. Yet the illness is often misdiagnosed and mistreated with medications that can exacerbate the symptoms. Why? Bipolar disorder manifests itself differently in children than in adults, and in children there is an overlap of symptoms with other childhood psychiatric disorders. As a result, these kids may be labeled with any of a number of psychiatric conditions: “ADHD,” “depression,” “oppositional defiant disorder,” “obsessive-compulsive disorder,” or “generalized anxiety disorder.” Too often they are treated with stimulants or antidepressants—medications that can actually worsen the bipolar condition. Since the publication of its first edition, *The Bipolar Child* has helped many thousands of families get to the root cause of their children’s behaviors and symptoms and find what they need to know. The Papoloses comprehensively detail the diagnosis, explain how to find good treatment and medications, and advise parents about ways to advocate effectively for their children in school. In this edition, a greatly expanded education chapter describes all the changes in educational law due to the 2004 reauthorization of IDEA (Individuals with Disabilities Education Act), and offers a multitude of ideas for parents and educators to help the children feel more comfortable in the academic environment. The book also contains crucial information about hospitalization, the importance of neuropsychological testing (with a recommended battery of tests), and the world of insurance. Included in these pages is information on promising new drugs, greater insight into the special concerns of teenagers, and additional sections on the impact of the illness on the family. In addition, an entirely new chapter focuses on major advances taking place in the field of molecular genetics and offers hope that researchers will better understand the illness and develop more targeted and easier-to-tolerate medicines. *The Bipolar Child* is rich with the voices of parents, siblings, and the children themselves, opening up the long-closed world of the families struggling with this condition. This book has already proved to be an invaluable resource for parents whose children suffer from mood disorders, as well as for the professionals who treat and educate them, and this new edition is sure to continue to light the way.

## Book Information

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## Customer Reviews

For any caregiver experiencing life with a bipolar child, Demitri and Janice Papolos's *The Bipolar Child* will be an indispensable reference guide. The material is presented clearly, with lots of helpful charts and lists to aid in receiving proper diagnosis, treatment, and long-term care. All medical information is relayed with the aim of helping parents to ensure effective treatment for their children and includes journal-tracking formats to help caregivers provide accurate information to personal physicians. Importantly, many pages are devoted to discussions about the emotional upheavals that living with a bipolar child can bring, and how parents and children can cope most effectively. The book is filled with families' stories that do a beautiful job providing comfort and inspiration to others. A detailed chapter on hospitalization covers everything from insurance to types of treatments. The authors provide excellent information regarding improved educational practices, with step-by-step instructions for goal-setting with your child and communicating your child's needs to school personnel. *The Bipolar Child* is a satisfying and wise read. --Jill Lightner

Demitri, associate professor of psychiatry at Albert Einstein College of Medicine in New York, and his wife, Janice (authors of *Overcoming Depression*), present a comprehensive view of early-onset bipolar disorder, focusing on how this complicated illness evolves in children. The authors warn that nearly one-third of children diagnosed with attention deficit hyperactivity disorder (ADHD) may actually be bipolar (previously called manic depression), and they stress the importance of getting early diagnosis and treatment. Especially since Ritalin, which is commonly prescribed for ADHD, may worsen the bipolar child's condition. The authors dispel the myth that bipolar disorder occurs

only in adolescents and adults and note that cases of bipolar disorder are increasingly occurring at a younger age. While the book sounds several alarms, it also offers support to parents (Demitri is the adviser for an online support group for parents of bipolar children, from which the authors culled much of their anecdotal information). In addition to diagnosis and treatment, the authors discuss practical ways to deal with the condition itself, as well as the impact it has on the entire family. This is an important guide for parents seeking ways to cope with this potentially devastating disorder. (Dec.) Copyright 1999 Reed Business Information, Inc.

Our son was diagnosed at age 7 with early onset bipolar disorder. Even though at age 5 we knew that it was a real possibility, it still felt devastating. It felt like NO ONE understood what we were going through. And then I ordered this book. I got just a few pages in before I started to cry, because for the first time, I knew that I wasn't the only one going through this. I wasn't imagining it or making it out to be worse than it was as many people have told us. This book brought all of the things we were seeing with your son together and made it that much clearer for us. It is a must have for any parent that is dealing with this diagnosis in their child.

This is the best book out there to describe what bipolar/DMDD looks like in prepubescent children. Children do have mixed states with rapid cycling in many cases, as with my child. My child has a very high IQ and has bouts of major depression that last no more than 2 hours followed by hypo manic states. This is a must read for any parent of a bipolar child. It explains how many cases are different but they are all bipolar.

I have had the second edition of this book for many years and it has been invaluable to me in the care of my son. I purchase and donate a copy to every teacher he has. Not only is it initially a fantastic resource but as your child ages and changes the variety of information offers something new every time you go back to it. This is my bipolar bible - I highly highly recommend it!!!

we struggle with a child that no doctor wants to REALLY address. I had a doctor tell me to read this book. It was like reading my life. This book is so good and makes you feel you are not alone when dealing with a child with mental illness. I Highly recommend this book.

I read this book with some scepticism at first, because I am an old hand at reading "theories" about children and "neurological disorders" at this point. I checked first with my own doctor to see if in fact

this condition really does exist: he affirmed that it does. Apparently, I, like so many other people, am out of date in my knowledge of the existence of early onset bipolar disorder. As it is critical to your child's well being and future health to get a proper diagnosis of such a serious condition, this book can be very helpful. It contains a list of resources at the end that are worth their weight in gold alone. Furthermore, there are apparently, according to the authors, quite a few misdiagnosed children out there who are being treated with the wrong medications and the sooner they get helped on their way to the correct ones the more stable their health will remain. This is imperative as this disorder must be treated with medication. This book also addresses the state of the family as a unit; this is vitally important as, when raising any child, you must consider the whole family and the feelings of any one member at any given time. The stress from having a bipolar child is extreme. Suggestions are given that are helpful to ameliorate this. Always, always, a respect for and an affection for children comes through in this book. As the authors guide you through the confusing maze of terms like "IEP'S", "IDEA", "hypomania", and others, you can be certain that it is being put as clearly as possible. If you aren't ready for some of it at one point, it is waiting for you there when you are. There is hope for children with this disorder and there is an incredible network of parents out there online who have been where you are, according to the Papoloes. This is not a "win/lose situation". It is a growing process, for your child and for you, I learned. There is great comfort to be found in this book as it unfolds, and a lot of good hard information. A good job on a complex subject.

Most of the writing can be read by anyone. It was a big relief for me to read Ch 8. It described my childhood w/bipolar sibs. Some of the chapters were harder to read but they were for professionals. If you cannot make it through those chapters no worries. There is more than enough for you to read regardless. Well worth the read.

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