

## PARENTING DURING DEPRESSION

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### *A Guide for Clinicians*

- Depression is often associated with situations such as divorce, bereavement, job loss, and social dislocation. These are difficult for both children and adults.
- Ask the parent about the circumstances leading up to depression and whether he or she has concerns about the children.

#### Interview Questions:

1. “How do you think your kids are doing?” Look for areas of strength or areas of concern.
2. “How do you feel you are doing as a parent since you have felt depressed?”

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## Counseling Tips

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- Remind parents to take care of themselves.
- Encourage parents to continue or resume daily routines.
- Help parents participate in children's activities outside the home.
- Help parents reestablish their own and their children's social connections.
- Help the family understand the illness as a medical illness.

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