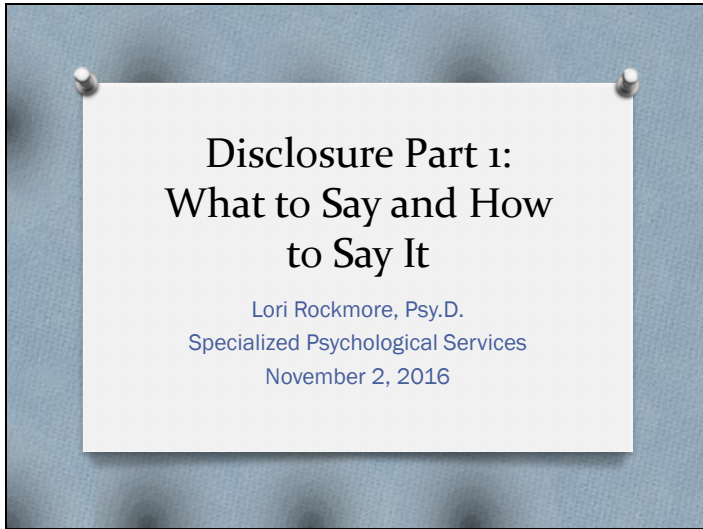


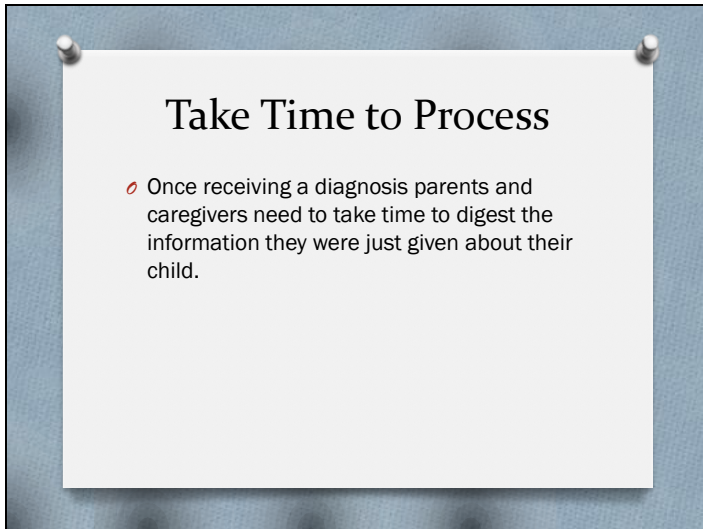
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**Disclosure Part 1:
What to Say and How
to Say It**

Lori Rockmore, Psy.D.
Specialized Psychological Services
November 2, 2016

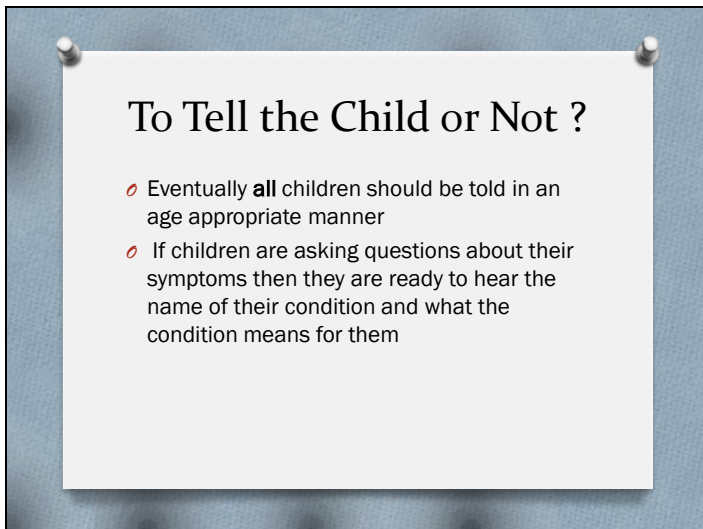
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Take Time to Process

- Once receiving a diagnosis parents and caregivers need to take time to digest the information they were just given about their child.

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To Tell the Child or Not ?

- Eventually **all** children should be told in an age appropriate manner
- If children are asking questions about their symptoms then they are ready to hear the name of their condition and what the condition means for them

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To Tell the Family or Not?

- Telling the extended family should be done based upon level of exposure to affected child



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To Tell the Siblings or Not?

- Siblings will start to ask questions
- Leads to a better relationship between siblings



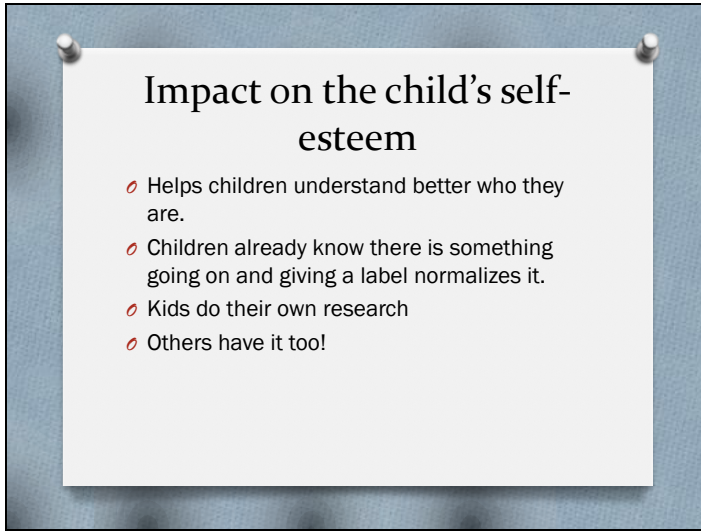
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Knowledge/Information is
power

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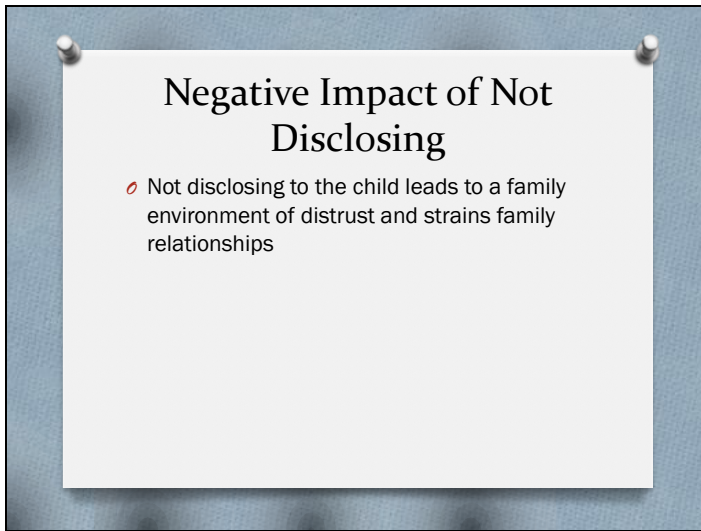


Impact on the child's self-esteem

- Helps children understand better who they are.
- Children already know there is something going on and giving a label normalizes it.
- Kids do their own research
- Others have it too!

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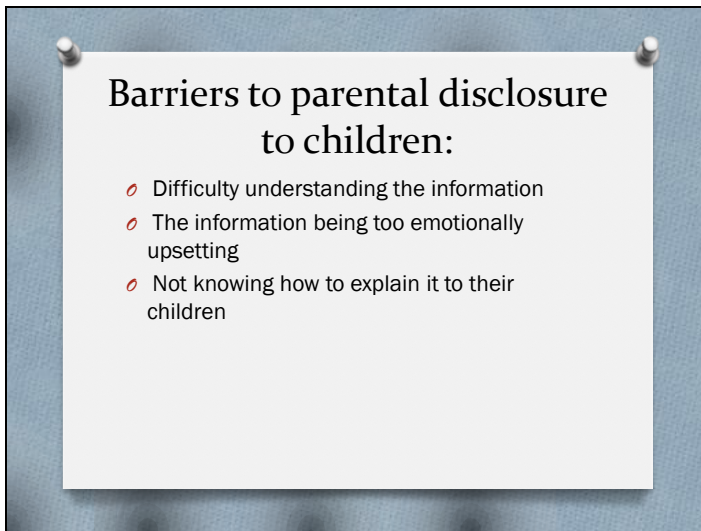


Negative Impact of Not Disclosing

- Not disclosing to the child leads to a family environment of distrust and strains family relationships

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Barriers to parental disclosure to children:

- Difficulty understanding the information
- The information being too emotionally upsetting
- Not knowing how to explain it to their children

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The Goal of disclosing a diagnosis to a child is...

To help the child to **Accept** and **Normalize** the diagnosis

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When Disclosing a diagnosis to a child what to consider:

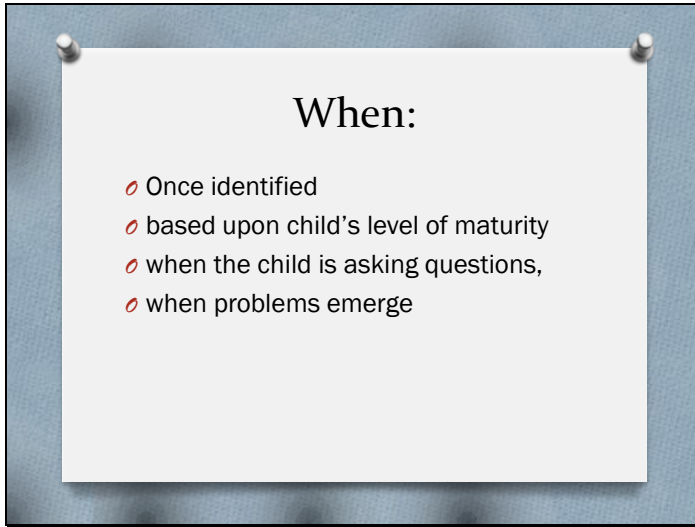
- o Conversation age-appropriate
- o Information should be truthful, honest and knowledgeable.
- o It's ok to say you don't know if you truly don't know.
 - o How to find out answers to those questions is important

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How to tell the child:

- o Honestly
- o supportively
- o non-judgmentally
- o reassuringly,
- o normalizing, and
- o simply

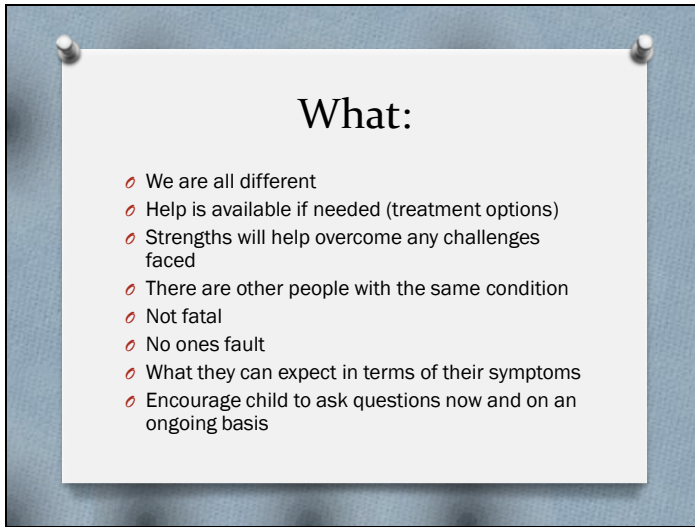
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When:

- o Once identified
- o based upon child's level of maturity
- o when the child is asking questions,
- o when problems emerge

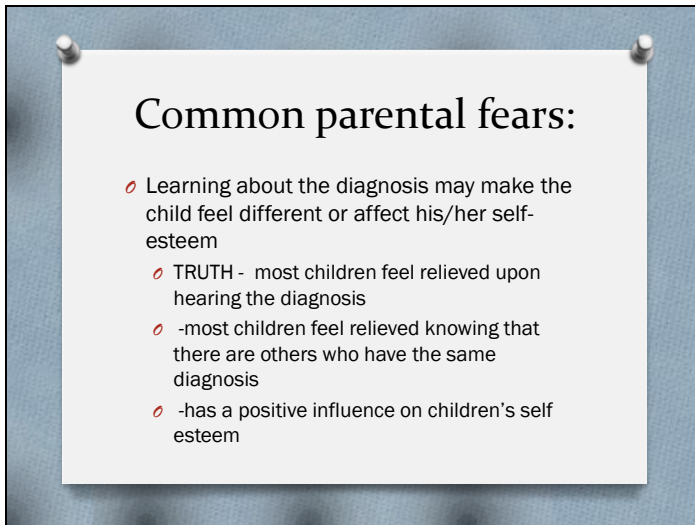
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What:

- o We are all different
- o Help is available if needed (treatment options)
- o Strengths will help overcome any challenges faced
- o There are other people with the same condition
- o Not fatal
- o No ones fault
- o What they can expect in terms of their symptoms
- o Encourage child to ask questions now and on an ongoing basis

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Common parental fears:

- o Learning about the diagnosis may make the child feel different or affect his/her self-esteem
 - o TRUTH - most children feel relieved upon hearing the diagnosis
 - o -most children feel relieved knowing that there are others who have the same diagnosis
 - o -has a positive influence on children's self esteem

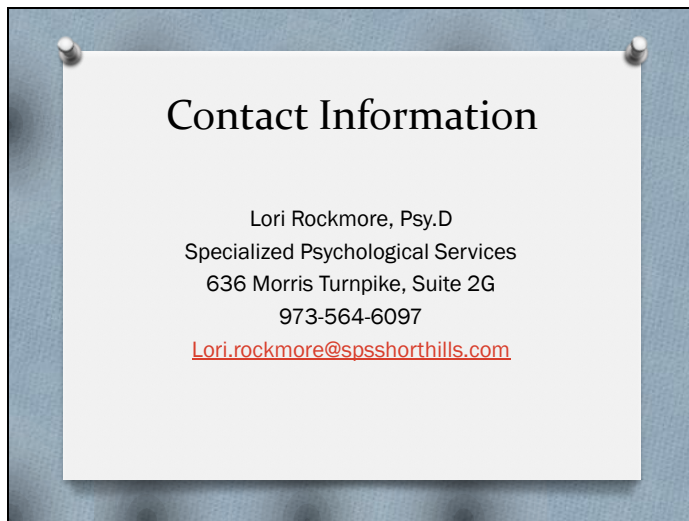
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Resources for parents and children

- o Pediatricians
- o National Organizations
 - o NJCTS
 - o Tourette Association of America
 - o International OCD Foundation
 - o Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)
 - o Anxiety Disorders Association of America
- o State Chapters
- o Local Mental Health Providers

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Contact Information

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