



# Parenting OCD: Down to Earth Advice From One Parent to Another

*Claire Sanders*

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## **Parenting OCD: Down to Earth Advice From One Parent to Another** Claire Sanders

When your child has OCD your world can turn upside down and inside out. Claire Sanders has been managing her son's severe OCD for more than 8 years and, although there are no quick fixes, she has learnt a few tips along the way. These cover what is involved in getting a diagnosis, what to expect in therapy, how to cope with panic attacks, how it might affect the rest of your family and how you might feel as a parent. She talks with honesty and humour about these and many other aspects of her son's illness providing practical advice and insight from one parent to another.

This is a must-read for any parent or carer who has a child with OCD. It is the equivalent of a comforting chat with a friend who has been through it all before and can reassure you that you are not alone.

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