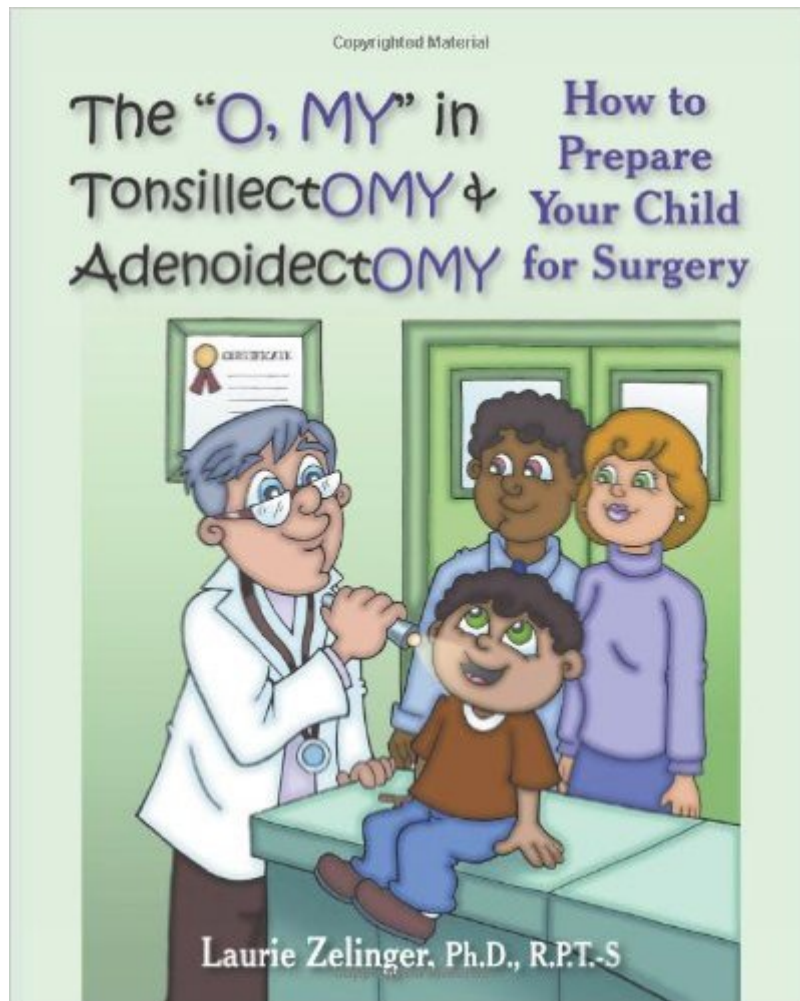


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# The O, My In Tonsillectomy & Adenoidectomy: How To Prepare Your Child For Surgery, A Parent's Manual (Growing With Love)



## Synopsis

This book helps parents understand and organize the necessary medical and emotional components that accompany their child's surgery. In an easy to follow timeline for events prior to and following a tonsillectomy or adenoidectomy, the author provides reassuring and accurate guidance that eases the process for the patient and family. Get the facts about tonsils and adenoids in simple terms Reduce your own anxiety about surgery Learn how to support your child through the medical and emotional events surrounding the procedure Take away the mystery regarding what to say to your child Discover the sequence of events leading up to surgery and how to prepare for them. Find out what you need to have at home while your child recuperates Become confident in knowing that you have maximized your child's comfort and adjustment during the weeks surrounding surgery

Professionals and Parents Praise Laurie Zelinger's Book "In over 40 years as a practicing Pediatrician, this is the most practical, down to earth and informative approach to the impending parent-child-hospital experience with a T&A that has come to my attention." â Philip S. Steinfeld, MD, FAAP "My son's recovery period was enhanced by advice from the manual, and thanks to Dr. Laurie, the bonding experience it created almost cancelled out the discomfort. He is now a strep-free, healthy boy!" â Rachayle Salzberg (parent) "...a valuable guide for parents intending to provide emotional preparation and support to a child about to undergo a surgical procedure." â Richard H. Wexler, PhD President, New York State Psychological Association (2008)

Book #4 in the Growing With Love Series from Loving Healing Press [www.LovingHealing.com](http://www.LovingHealing.com)

## Book Information

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## Customer Reviews

REVIEWED BY: Wayne S. Walker, reviewer with Stories for Children Magazine Did you know that tonsillectomies and adenoidectomies (T&As) account for the second most common surgical procedure performed on children in the United States and that they account for one-third of all surgeries performed under general anesthesia in the U.S.? Thus, if you are a parent of young children, there is a great possibility that your child may need to have a T&A. Based on her own experience with her son Jordan's T&A, author Laurie Zelinger, a school psychologist and a private practice licensed psychologist, offers this manual to help both parents and children navigate the necessary preparation for these common surgical procedures. This preparation is divided into four phases: Phase 1 is "Introducing the Topic to Your Child," which occurs one to two months before surgery. Phase 2 is "Tackling the Subject," which explains what to tell the child three to four weeks before surgery. Phase 3 is "Getting Closer, Getting Ready," with one to two weeks to go. And phase 4 is "The Day of Surgery--It's Here!" and describes what will follow in the recovery. Neither of our sons have had a T&A, but when our older, eighteen-year-old son, Mark, was five, he had to undergo a year-long series of four surgeries to correct a problem with his left ear. Consequently, my wife and I are well-aware of the need for young children to be properly prepared for such operations. Zelinger notes, "If you do not have the luxury of several weeks of preparation, read through this manual in its entirety and select those recommendations that are practical for your lifestyle and time frame, condensing and accelerating the suggestions to fit your schedule.

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