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Depression In Children

By Stephen White

Depression affects children the same way that it affects adults. Now in most cases, trauma is a reason why depression will affect a person. Of course, trauma affects those of all ages, including children. It should be no surprise that children suffer from depression also. The youngest case of depression ending with suicide is five years old. With this information in hand, it can and should be taken quite seriously if you suspect a child is sad or depressed.

1. The Numbers

In fact, three out of every 100 children are depressed. Its hard to tell what causes depression in children, but every aspect of a child or teens life affects their state of mind. With one bit of criticism, a child could break down and become unreachable. Telling whether or not a child is depressed can be quite different from telling if an adult is depressed.

2. For Parents

Parents need to know that your child isnt depressed because you are a bad parent. You child could be depressed for many reasons and death of family or friends is usually the root of the cause. Some signs that your child may be depressed at absences from school, isolation, change in behavior, and headaches. Of course, they could have the typical signs like overeating, eating too little or not sleeping or oversleeping.

3. The Signs Of Depression

The signs of depression are greatly varied. You might not even notice it at first or push it off as normal behaviour. Life goes fast and we tend to notice the things that we dont really want to see. The only way to find out how your child feels is to ask them how they feel. Be active in your child or teens life. Do activities together and have some time set aside to talk about the trauma of being a kid in days world. Remember, youre not a bad parent if you snoop around a little bit.

For more great anxiety depression related articles and resources check out <http://agitationadvisor.info>

Depression And How To Avoid It

By Malcolm Moorhouse

Depression can affect the working ability, family and social life of a person. This is why we should never try to ignore or hide depression. It is important to be aware of the symptoms, the causes and what possibilities we have to try and prevent it in our lives.

Each of us has had a depressing sad moment at some point in our lives. Depression is a normal human reaction associated with bereavement, pressures of life or maybe the break up of a relationship. Sometimes the feeling of sadness passes but sometimes it doesn't, if it becomes more persistent it can lead to depression. Diseases of the nervous system are very serious and that is why it is important not to ignore depression and to get proper help when we realize there is a problem.

Listed below are some symptoms of depression:

* Feeling sad * Loss of energy * Loosing hope in life * Not finding pleasure doing the things you used to love * Can't concentrate * Always crying * Sleeping a lot * Can't sleep * Loss of appetite

What causes depression? This is a complicated question because there isn't a single cause for depression. This is a complex disease that can appear as a result of multiple causes. Depression can also be transmitted among people that are close to each other, by influence.

There is proof that people suffering from depression suffer brain changes. There is also evidence that illustrates how depression can also be genetic. Children can be affected by parents who suffer from. Also it seems that parents whose children suffer from chronic depression are more likely to be affected themselves by this illness.

To prevent depression we have to know ourselves very well. Treatable depression can be hard to prevent once we are already down in the dumps. The best method to avoid another crisis after a chronic depression is to keep our eyes open for its symptoms and its causes. If we feel we are loosing control then getting professional help would be the right direction to take.

Malcolm Moorhouse is a Psychic and Reiki teacher with more than 16 years experience. Web: <http://www.depressionsite4you.com> Email: info@depressionsite4you.com

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