



# Extreme Parenting: Parenting Your Child with a Chronic Illness

*Sharon Dempsey*

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## **Extreme Parenting: Parenting Your Child with a Chronic Illness** Sharon Dempsey

Parents of children with chronic illnesses experience 'extreme parenting'. Parenting under extreme circumstances, like an extreme sport, challenges us to find our true strengths, to push ourselves physically and emotionally. This book is a guide and a source of support for parents of children with long-term illnesses. Sharon Dempsey argues that by helping parents to cope with their child's condition we are ultimately helping the child, and that parents are better able to live a full, enjoyable life if they have an awareness of strategies and knowledge to cope with the difficulties of dealing with their child with a chronic illness. The guide is packed with practical advice, models of exploration and lists of action points, and will empower parents to be good advocates for their children. It will also provide health professionals with invaluable insights into the demands of living with chronic illness.

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