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When Your Child Is Cutting: A
Parent's Guide to Helping ...

Cutting is associated with shame and judgment. Although becoming undone when you see that your child has cut him or herself makes perfect sense, do your best to stay calm. Your child needs help, and the first line of defense is your pediatrician. Many sites of information suggest that “ cold parenting ” and similar derogatory terms are to blame.

My Child Is Deliberately Cutting Herself: What Do I Do ...

While the child might have encountered a nasty cat, repeated stories could indicate self-harm. Other signs something is amiss: Your child spends a long time in their bathroom or bedroom; wears

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What to Do If Your Child Is Cutting
| Wellness | US News

6 Things Your Child Needs From You to Reduce Cutting (Self-Harm) Behaviors

1. Safety First. Before therapy can really begin, it ' s critical to create a situation where the adolescent is physically... 2. Love vs. Shame. Unfortunately, parents are often so scared by their adolescent ' s self-harm that ...

6 Things Your Teen Needs From You to Stop Cutting Behaviors

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You may not even know that 's what you 've exposed, but most likely it is. If your child has been acting more irritable, overwhelmed, and on edge, be aware of the signs of potential self-harm....

Your Move, Parent: What to Do When Your Teen Is Cutting ...

Cutting is most common in teens and young adults—especially among teen girls—and often starts around age 12-14. 2 Teens who cut themselves are usually described

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as being impulsive. Some are also described as being overachievers. In terms of warning signs and red flags, your teen may be cutting if she:

Cutting and Self-Harm Behaviors in Teens

Cutting is the physical expression of hidden mental pain. Children may begin cutting or engaging in other forms of self-harm when their mental pain reaches a level that they can no longer deal...

'My Child Is Cutting':

Understanding Self-Harm ...

Accept your own emotions. If you know or suspect that your teen is cutting, it's natural to feel a whole range of emotions. You might feel shocked, angry, sad, disappointed,

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confused, or scared. You might
feel hurt that your teen didn't
come to you for help or feel guilty
that you didn't know about it.

Helping Teens Who Cut (for
Parents) - Nemours KidsHealth
Cutting is a form of self-injury --
the person is literally making small
cuts on his or her body, usually
the arms and legs. It's difficult for
many people to understand. But for
kids, cutting...

Cutting & Self-Harm: Warning
Signs and Treatment

“ When Your Child Is Cutting is an
excellent resource for both
parents and professionals. It
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and how to manage this problem. It
is written in an accessible and

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readable format. The book takes a good deal of the fear out of dealing with cutting behaviors and provides a needed appendix of frequently asked questions.

When Your Child is Cutting: A Parent's Guide to Helping ...

For example, if your child seems more withdrawn than usual, doesn't seem to enjoy doing many things, or says they feel overwhelmed, they might be at risk for cutting. They may also appear depressed, sad, or blue and seem to lack energy to do anything.

3 Ways to Tell if Your Teen Is Cutting - wikiHow

Parents are uniquely affected by a child's self-injury. It can look and

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feel so much like a suicidal gesture
that most parents experience deep
fear and, quite often, anger.
Virtually all parents...

My Daughter Cuts Herself |
Psychology Today

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When Your Child is Cutting |
NewHarbinger.com

Or a teen who is struggling to deal with a breakup may cut their chest as a way to experience physical pain, as opposed to just emotional pain. If you or your teen are having suicidal thoughts, contact the National Suicide Prevention Lifeline at 1-800-273-8255 for support and assistance from a trained counselor.

How to Help Teens Who Cut Themselves

Our DAS Law blog is the place where our lawyers share their

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knowledge to give you a better
understanding of your rights if
cutting someone out of your will.
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Cutting someone out of your will –
what could go wrong ...

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