



# **Families of Children With Developmental Disabilities: Understanding Stress and Opportunities for Growth**

*David W. Carroll*

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Parents of children with disabilities confront a number of challenges and may be at risk for depressive or trauma-related symptoms. Changes in family roles and routines can cause stress for parents, siblings, and extended family alike as they confront multiple issues, including behavioral problems and frequent healthcare needs. Despite such challenges, many families derive a sense of meaning from facing their difficulties in a positive way. This book surveys the most recent empirical research on families of children with disabilities and provides guidelines and strategies for the developmental and family psychologists who support these clients. The book follows a developmental progression, first examining the immediate effects that a child's disability can have on his or her family and looking at the changes that occur as the child grows and faces new challenges. In doing so, the author examines studies employing a variety of methodologies, including quantitative research, meta-analyses, and qualitative methods such as narrative analysis. The book also describes cognitive behavioral interventions and programs that train parents to more effectively manage child behavioral problems and thereby improve family well-being.

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