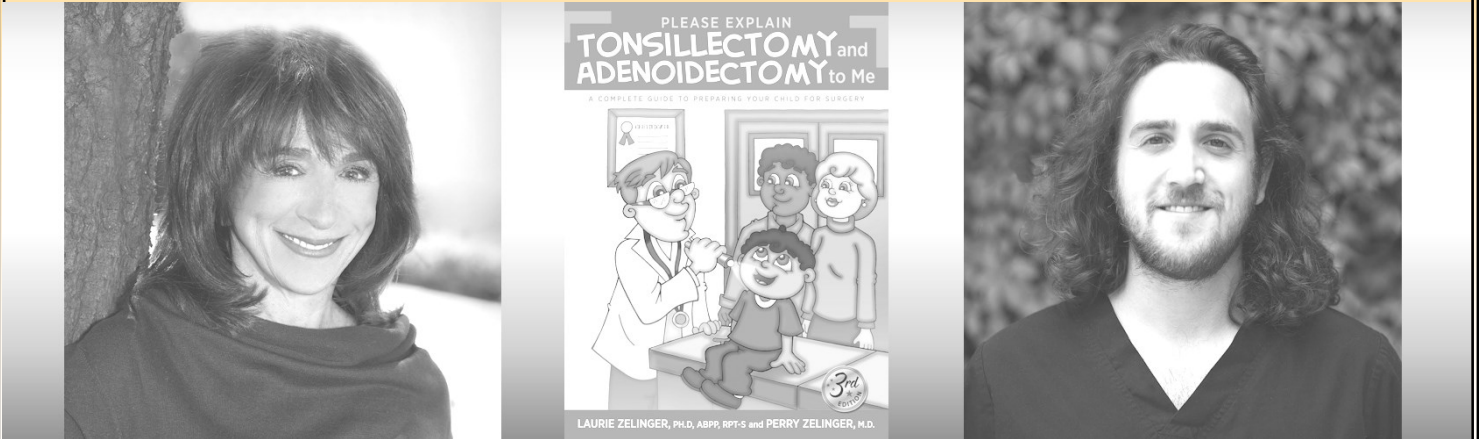


## Former Oceanside Psychologist to Publish Her Third Book

Retired School 8 psychologist, Dr. Laurie Zelinger, is thrilled that her newest book, titled Please Explain Tonsillectomy and Adenoidectomy to Me: A Complete Guide to Preparing Your Child for Surgery, is scheduled to be published this year.

Written with her son, Perry Zelinger, MD, the book is a guide for parents to help explain tonsillectomy surgery to their young children, and how to cope with it themselves. The book is getting rave reviews and, at press time, is preparing for blog tour to 14 reviewers.



**Dr. Zelinger was polite enough to sit down with the OFT Times to tell us more about the book and her personal experience writing it.**

**OFT TIMES:** What inspired you to write this book? Was it something from your personal experience, or something that you've heard from others that would inspire you to write about such a specific topic?

**D. Zelinger:** I wrote the first edition of this book (which went by the title, The "O My" in TonsillectOMY and AdenoidectOMY when my son was undergoing the experience. I kept detailed notes about the process and would lend them to friends who asked to borrow them. Once the notes became so tattered, I rewrote them, and decided that they might be valuable to others beyond my immediate circle of friends. I searched for a publisher, and Loving Healing Press was receptive. They have since published two of my other books and in March will be releasing my very newest children's book, written with my husband who is also a psychologist, about how to use 'Time Out' as a consequence. I have also written for American Girl, John Wiley & Sons and Guildford Press about specific childhood issues related to self-esteem, fears, phobias and anxiety.

**OFT TIMES:** What would you say is the most effective advice a parent could give their child before undergoing a medical procedure?

**Dr. Z:** Research says that when anxiety is high, people experience more pain with the feared event. Therefore, I would say that a systematic, thoughtful and careful preparation process is key. Our book, written with my son who is a medical doctor, gives timelines that will help a parent and child be in the best position to manage the experience before, during and after the surgery.

**OFT TIMES:** Anxiety before a medical procedure is a universal experience. How is trying to prepare a child different from preparing an adult? (continued on page 8)

## **Momentum is On Our Side**

(cont. from page 1)

Also, anti-union groups are ramping up their campaigns to convince current union members to abandon their union brothers and sisters by becoming freeloaders, thereby keeping their union membership dollars; a penny-wise, but pound-foolish move.

We are all responsible for the health and prosperity of our union. Please do your part and be sure to encourage our colleagues to do so as well! Invest some time by attending a board meeting, supporting other locals out on strike, taking a local NYSUT workshop addressing union issues (see list of available workshops on other page), help your union leaders organize by enlisting colleagues to join when called upon for various events. Finally, be the eyes and ears for our OFT representatives.



## **Former Oceanside Psychologist to Publish Her Third Book**

(cont. from page 3)

**Dr. Z:** Children don't have the luxury of choosing the sources of information available to them and are dependent upon adults in their world to provide it. Therefore, they need to be given the basic information (without irrelevant details) in developmentally appropriate language, along with reassurance. The timing of that information must be considered so that a child has time to process it, so not before bed or before school. It also needs to be repeated on multiple occasions. It should be presented within the context of the child's life so they best understand it, along with opportunities to play out their feelings by using toys that express their imagination. Parents also need to understand the process themselves in order to synthesize the information for their child and present it in a calm and reassuring way. Children take their cues from their caregivers. It reminds me of a message you get from a flight attendant before the plane takes off. In the event of an emergency, affix your own oxygen mask before putting on your child's. Similarly, when you

prepare yourself first, you will be in the best position to prepare your child. Since our book is written by a physician and a child psychologist, it covers both the medical and emotional information that the reader needs.



**To learn more about Dr. Zelinger's other books, please visit her website:**

**[www.DrZelinger.com](http://www.DrZelinger.com)**

Soft and hard cover as well as kindle and audio versions available. Published by Loving Healing Press.



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