



## The "O, MY" in TonsillectOMY & AdenoicectOMY: How to Prepare Your Child for Surgery

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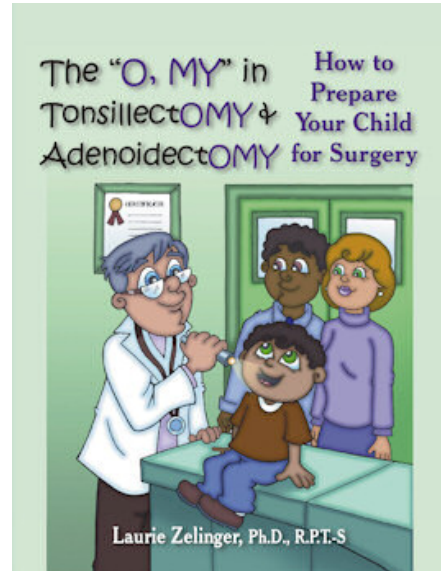
ISBN-10: 1-932690-74-3

Reading Level: for parents of children especially ages 3-7

Rating: 5 stars

Reviewed By: Wayne S. Walker, reviewer with *Stories for Children Magazine*

Did you know that tonsillectomies and adenoidectomies (T&As) account for the second most common surgical procedure performed on children in the United States, and that they account for one-third of all surgeries performed under general anesthesia in the U.S.? Thus, if you are a parent of young children, there is a great possibility that your child may have a T&A. Based upon her own actual experience with her son Jordan's T&A, author Laurie Zelinger, who is a school psychologist and a private practice licensed psychologist, offers this manual to help navigate the necessary preparation by both parents and children for these common surgical procedures. This preparation is divided into four phases. Phase 1 is "Introducing the Topic to Your Child," which occurs one to two months before surgery. Phase 2 is "Tackling the Subject," and explains what to tell the child three to four weeks before surgery. Phase 3 is "Getting Closer, Getting Ready," with one to two weeks to go. And phase 4 is "The Day of Surgery--It's Here!" and what will follow in the recovery.



Neither of our sons have had a T&A, but when our older son Mark, who is now 18, was five, he had to undergo a year-long series of four surgeries to correct a problem with his left ear, so my wife and I are well aware of the need for young children to be properly prepared for such operations. The author does note, "If you do not have the luxury of several weeks of preparation, read through this manual in its entirety and select those recommendations that are practical for your lifestyle and time frame, condensing and accelerating the suggestions to fit your schedule." Also, while the book specifically deals with T&As, the book says, "Her time lines may also be used as a guide for children undergoing other hospital procedures." *The "O, MY" in TonsillectOMY & AdenoicectOMY*, which is Book #3 in the "Growing with Love" series from Loving Healing Press, is a great resource for any parents who have a child facing a surgical procedure to help prepare both the child and themselves for it.

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