

# Quick Tips for Parents of Children with Obsessive-Compulsive Disorder

1. **Ask professionals for help when needed.** Early intervention is the easiest pathway to a successful outcome. Seek help from a licensed therapist who has been trained in cognitive-behavioral therapy for pediatric OCD, if your child is spending more than an hour a day engaged in OCD behaviors or experiencing distress. Check the International OCD Foundation's website for a list of providers: [www.iocdf.org](http://www.iocdf.org).
2. **Keep a list of symptoms, behaviors, and concerns** to share with doctors and mental health professionals. It can be difficult to remember your child's symptoms on the spot in a doctor's office. A list makes it easier to communicate and to make sure all of your concerns are addressed in the appointment.
3. **Learn about OCD as a family.** Learning about the disorder helps parents and children to understand and cope with how obsessive-compulsive behaviors are affecting the family.
4. **Separate the OCD from your child.** Once parents understand the disorder, it is easier to separate the obsessive thinking and compulsive behaviors your child experiences from who your child is as a person. It is important that your child does not feel like he or she is the problem when it is OCD that is the problem.
5. **It's nothing personal.** A child with a contamination obsession may not want to be touched, even by his or her own parents, and may not comply with parental directions that would risk contamination in the child's mind. These behaviors are related to the child's illogical worries and severe anxiety. The child is not rejecting the parent, trying to be unruly, or embarrass the parent by their behavior.

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