
A Guide for Parents from Mind-Body Pediatric Psychiatry

Deciding on medication for your child is a significant step. We believe that informed parents are the best advocates for their children. Here are the answers to the questions we hear most often in our clinic.

1. Will medication change my child's personality?

No. The goal of psychiatric medication is to reduce symptoms (like anxiety or impulsivity) so your child's true self can emerge. If a child seems 'not themselves,' the dosage or the medication itself isn't the right fit, and we work closely with you to adjust it immediately.

2. Is my child too young for this?

We look at the functional impact rather than just age. If a child's development, education, or safety is being compromised by their symptoms, medication can be a life changing intervention. We always follow evidence-based guidelines and start with the lowest effective dose.

3. How long will they need to be on it?

There is no "one size fits all" answer. Some children need support during a specific season of life (like a difficult school transition), while others may have a need for longer term support. We reevaluate the necessity of medication at every follow up appointment.

4. What about side effects?

All medications have potential side effects, but most are mild and temporary as the body adjusts. Common ones may include changes in sleep or appetite. We provide a clear roadmap of what to watch for and keep an open line of communication to address concerns in real time.

5. Does starting medication mean therapy isn't working?

Actually, it's often the opposite! Medication and therapy are a powerful combination. Medication can stabilize the brain's "alarm system," making it much easier for your child to learn and apply the coping skills they are practicing in therapy.

6. Will they become "addicted" or dependent?

The medications used in pediatric psychiatry are carefully managed and monitored. Most (like SSRIs for anxiety or depression) are not addictive. For medications that have a potential for misuse (like certain ADHD stimulants), we provide strict protocols and monitoring to ensure safety.

Our Mind-Body Philosophy: We don't just prescribe and send you on your way. We monitor the whole child—including sleep, nutrition, and school performance—to ensure the treatment plan is supporting their overall wellness.

