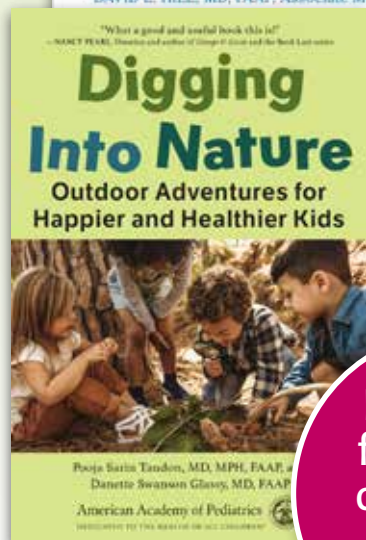
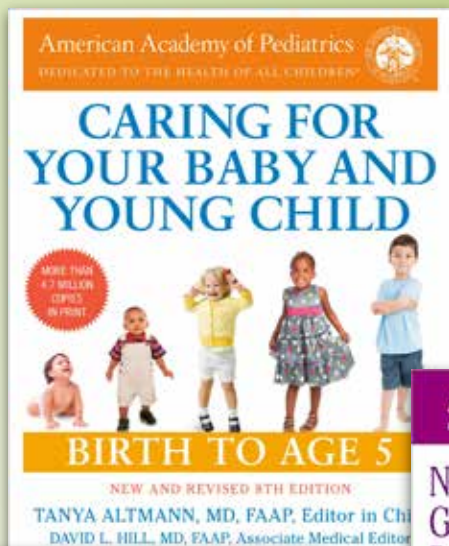


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Patient Education Resources

Trusted Information From the American Academy of Pediatrics

As the kids head back to school, you have a timely opportunity to encourage the families in your care to learn more about important parenting topics. From pediatrician-authored books to affordable and accessible booklets, AAP patient education products offer everything you wish families knew. You can help caregivers become life-long-parenting-learners by sharing or recommending materials from the AAP!

We're especially excited to share with you the new edition of our flagship parenting book, ***Caring for Your Baby and Young Child: Birth to Age 5*** (page 3). When new parents have a question, this comprehensive guide has answers backed by AAP policy and clinical practice guidelines, made easily understandable for parents. Also new is a fully revised and updated edition of ***New Mother's Guide to Breastfeeding*** (page 5), the most in-depth, pediatrician-endorsed book on the topic.

For more concise takes on a broad range of topics, check out our booklets and brochures. Of special note are two new booklets, ***Feeding Babies and Toddlers: Nutrients Your Child Needs*** and ***Positive Parenting: Strategies to Help Children and Teens Thrive*** (page 13).

To help you share these resources with families, we offer quantity discounts on all our booklets, brochures, and books for parents. So go ahead and assign some pediatrician-approved homework this fall! We bet you and parents will both earn an A+!

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CONTENTS

Parenting Books and eBooks	3
Early Child Care, School Health, & Safety	11
Parenting Booklets	12
Parenting Booklets and Patient Education	14
Babies and Toddlers Brochures	15
Safety, Illnesses, and Conditions Brochures ..	16
Nutrition, Growth, and Development Brochures	17
Behavioral and Mental Health/Teen Topics Brochures	18
TIPP®—The Injury Prevention Program Forms and Safety	19
Red Book®/Red Book® Online	20
Digital Solutions and Toolkits	21–23

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ABOUT THE AAP

The AAP is an organization of 67,000 primary care pediatricians, pediatric medical subspecialists, and pediatric surgical specialists dedicated to the health, safety, and well-being of all infants, children, adolescents, and young adults. The AAP is also the largest publisher in the field of pediatrics, with more than 500 titles in print. In addition to the parent education materials featured in this catalog, we publish a wide variety of professional reference titles for pediatric health care and child care providers. To request a copy of the complete catalog of all AAP materials, please call the toll-free number below.

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Caring for Your Baby and Young Child

Birth to Age 5, 8th Edition

American Academy of Pediatrics

Editor in chief: Tanya Altmann, MD, FAAP

Associate medical editor: David L. Hill, MD, FAAP

With more than 4.7 million copies in print, our flagship parenting title has shaped the health and well-being of children for more than 30 years!

New parents looking for evidence-based, trusted parenting guidance have long turned to the AAP and *Caring for Your Baby and Young Child*. The revised and updated eighth edition of this parenting mainstay reflects current AAP policy statements and guidelines. This is just a sampling of the topics included in this comprehensive handbook of child care.

- ADHD
- Allergies and asthma
- Autism spectrum disorder
- Behavior
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- Car safety seats
- Cough and cold treatment
- CPR instruction
- Early brain development
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Also included is a complete health encyclopedia covering injuries, illnesses, congenital diseases, and other disabilities.

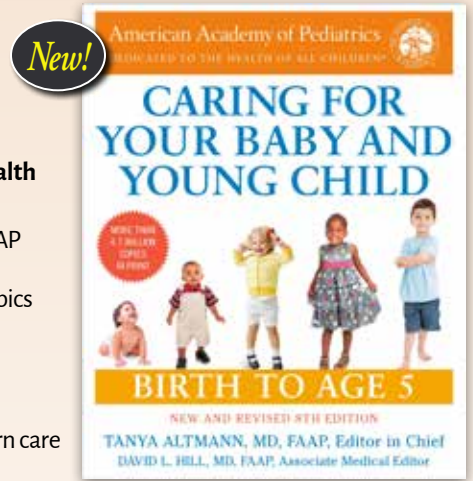
Paperback, available October 2024—816 pages, 300 illustrations

CB0135

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eBook ISBN 978-1-61002-718-2

Price: \$24.95 **Member Price: \$19.95**



Digging Into Nature

Outdoor Adventures for Happier and Healthier Kids

Pooja Sarin Tandon, MD, MPH, FAAP and Danette Swanson Glassy, MD, FAAP

Pediatricians and nature experts Pooja Sarin Tandon and Danette Swanson Glassy make the convincing case that children and families will be happier, healthier, and more resilient when they spend time in nature. They offer a wealth of suggestions for nature-based, developmentally-appropriate activities and suggestions for overcoming common challenges busy families face when trying to increase their outdoor time.

Digging Into Nature takes an inclusive approach—providing practical tips for parents of children with special health care needs, chronic health conditions, and cultural considerations to help all children reap the gifts that the great outdoors offer.

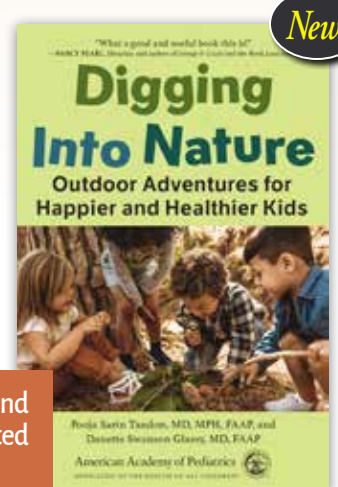
Paperback, September 2024—200 pages

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ISBN 978-1-61002-744-1

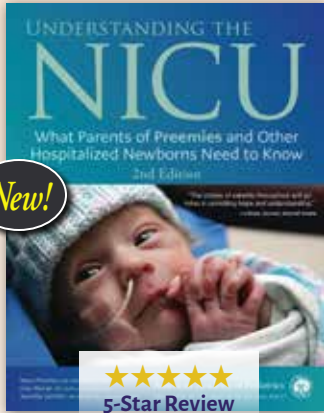
eBook ISBN 978-1-61002-746-5

Price: \$19.95 **Member Price: \$16.95**



A must-read for parents looking for alternative and healthy ways to raise children in a screen-saturated world. It is a beacon of hope.

Dimitri A. Christakis, MD, MPH, FAAP,
chief health officer of Special Olympics International, editor in chief of
JAMA Pediatrics, and investigator with the Center for Child Health,
Behavior and Development at Seattle Children's Research Institute



Understanding the NICU

What Parents of Premies and Other Hospitalized Newborns Need to Know, 2nd Edition

Editor in chief: Meera Meerkov, MD, FAAP

Contributing Editors: Gary Weiner, MD, FAAP, and Jeanette Zaichkin, RN, MN, NNP-BC

Edited by two top NICU doctors and a veteran NICU nurse, this fully revised and updated guide will support parents during their baby's time in the NICU by helping them communicate with members of the NICU team, ask the right questions, and participate as valuable partners in their baby's care. It addresses topics such as common NICU equipment and tests, common medical problems for babies in the NICU, special health issues for preterm newborns, feeding and parenting in the NICU, and heading home from the NICU. This edition

also features new inspirational stories from parents of hospitalized newborns, bringing comfort and hope during a critical time.

Paperback, available June 2023—357 pages

CB0133

Book ISBN 978-1-61002-665-9

eBook ISBN 978-1-61002-667-3

Price: \$18.95 **Member Price: \$15.95**

Heading Home With Your Newborn

From Birth to Reality, 4th Edition

Laura A. Jana, MD, FAAP, and Jennifer Shu, MD, FAAP

"This book packs the advice of a parenting class, a doctor's visit, and a best friend into one indispensable package."

—Library Journal

Send parents home from the hospital with confidence when you provide this invaluable guide.

This best-selling guide on newborns is fully revised and updated with the essential information new parents need. Written by pediatricians who are also parents, *Heading Home With Your Newborn* covers everything from feeding and dressing to diapering and bathing and from crying and sleep to travel and activities. It also includes information on

- Breastfeeding tips and techniques
- Pumping, and accessing insurance benefits
- Formula options, vitamins, and supplements
- Safe sleep and sleep strategies
- Typical development and concerns to discuss with the pediatrician
- Illnesses and injuries
- Vaccines and well-baby visits
- The impact of social media sharing
- Baby blues and postpartum depression, including symptoms and getting help
- And much more

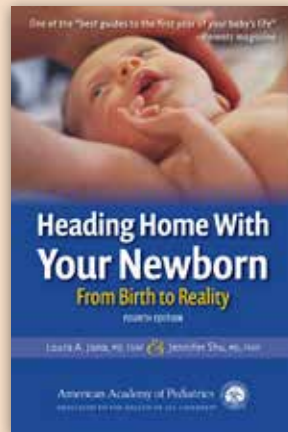
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- Your Baby's First Year
- Dad to Dad: Parenting Like a Pro

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Price: \$70 **Member Price: \$53**



New Mother's Guide to Breastfeeding, 4th Edition

Editor in chief: Joan Younger Meek, MD, MS, RD, FAAP, FABM, IBCLC

New moms will learn how to give their babies the healthiest possible start with the fully revised and updated 4th edition of this trusted guide. It presents comprehensive, evidence-based information on topics such as preparing for the first feeding, pumping and storing milk, establishing a nursing routine, returning to work, and much more!

New to this edition are recommendations from the 2022 AAP Breastfeeding Policy Statement on Breastfeeding and the Use of Human Milk, guidance regarding safe sleep and management of jaundice based on updated AAP clinical reports, incorporation of the first Dietary Guidelines for Americans (DGA) addressing lactation and maternal nutrition, details on updated legislation to support breastfeeding mothers, and a new chapter for mothers who experience challenges in breastfeeding.

Paperback, available June 2024—292 pages
CB0138
ISBN 978-1-61002-729-8
Price: \$20 **Member Price: \$17**



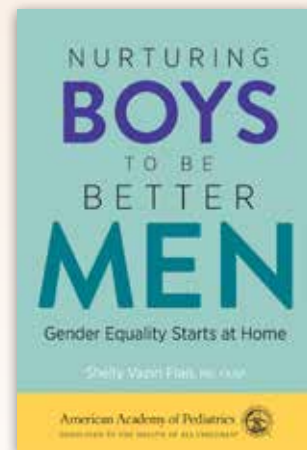
Nurturing Boys to Be Better Men

Gender Equality Starts at Home

Shelly Vaziri Flais, MD, FAAP

Dr Flais gives parents the tools they need to start the lifelong process of raising their boys into men who are mentally healthy, empathetic, and committed to gender equality. Dr Flais provides concrete techniques for parents to push back against cultural stereotypes and toxic masculinity as they nurture their sons. She explains developmentally appropriate opportunities for modeling gender equality at every age from before birth through early adulthood. This conversation starter emphasizes the benefits of gender equality for boys and girls, men and women, and discusses it in the context of not only the family but also the extended family, school, and greater community.

Paperback, September 2023—216 pages
CB0134
Book ISBN 978-1-61002-677-2
eBook ISBN 978-1-61002-679-6
Price: \$18.95 **Member Price: \$15.95**



Your Baby's First Year, 5th Edition

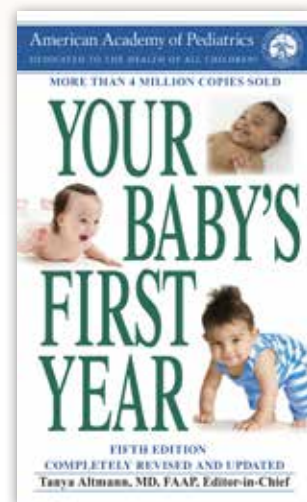
American Academy of Pediatrics

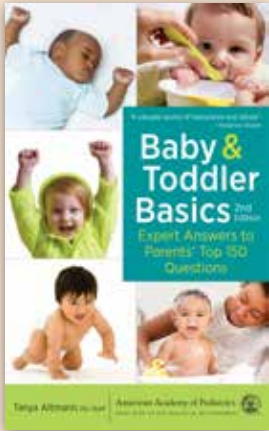
Editor in chief: Tanya Altmann, MD, FAAP

Your Baby's First Year, now fully revised and updated, provides authoritative advice on every aspect of newborn and infant care, including

- Guidelines for prenatal and newborn care, including screening tests during pregnancy
- Milestones for physical, emotional, social, and cognitive growth, as well as visual, hearing, language, and movement milestones
- Cutting-edge research on early brain development and how babies and young children think
- A complete health encyclopedia covering injuries, illnesses, and congenital diseases
- An in-depth discussion on breastfeeding, including its benefits, techniques, and challenges
- Revised nutrition recommendations, including the importance of early introduction of allergenic foods, and obesity prevention tips
- Tips for choosing child care programs
- Updated safety standards, including CPR instruction, safe sleep, childproofing tips, car safety seats, and toy safety
- Safety checks for home, including bathing and preventing drowning, poisoning, choking, burns, and falls

Paperback, 2020—787 pages
CB0122
Book ISBN 978-1-61002-478-5
eBook ISBN 978-1-61002-481-5
Price: \$9.99 **Member Price: \$7.99**





Baby and Toddler Basics

Expert Answers to Parents' Top 150 Questions, 2nd Edition

Tanya Altmann, MD, FAAP

Parents of children from birth to age 3 will find answers to their most frequently asked questions in this easy-to-understand guide. Topics covered include breastfeeding, baby care, developmental stages, first aid and injuries, sleep, vaccines, and more, all presented in a user-friendly Q&A format. Parents can dip in and out of this resource as needed for trustworthy information, offering evidence-based answers at their fingertips and letting them skip the contradictory, misleading, and sometimes dangerous information on the internet. This new edition is fully revised and updated and includes COVID-19 information, new fever guidelines, and new developmental milestones.

Paperback, 2022—286 pages
CB0132
Book ISBN 978-1-61002-620-8
eBook ISBN 978-1-61002-623-9
Price: \$16.95 **Member Price: \$13.95**



Return to You

A Postpartum Plan for New Moms

Natasha K. Sriraman, MD, MPH, FAAP

As they learn to care for their newborns, many new mothers often face physical challenges with breastfeeding, sleep, and nutrition and struggle with feelings of isolation, sadness, and guilt. Dr. Sriraman shares practical professional advice along with her own personal experiences and those of other mothers to help fourth-trimester moms know they are not alone. From pelvic floor issues to postpartum depression, no topic is taboo. *Return to You* will help new moms restore themselves physically and encourage them to ask for help and give themselves the time they need to rest, recover, and heal emotionally.

Paperback, 2022—196 pages
CB0129
Book ISBN 978-1-61002-594-2
eBook ISBN 978-1-61002-597-3
Price: \$16.95 **Member Price: \$13.95**



The CALM Baby Method

Solutions for Fussy Days and Sleepless Nights

Patti Ilderan, OTR/L, CEIM, and Mark Fishbein, MD, FAAP

Whether their babies are colicky, fussy, or just sometimes cranky, all parents of newborns can benefit from the proven techniques in *The CALM Baby Method*. With decades of expertise as a pediatric occupational therapist and a pediatric gastroenterologist, the coauthors have helped thousands of parents soothe their highneeds infants, improving attachment, sleep, feeding, and overall quality of life for the whole family. Parents will learn possible causes of their baby's crying and ways to help, including information on reading their baby's cues, attachment, infant massage, positioning, and nutrition.

Paperback, 2021—207 pages
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Book ISBN 978-1-61002-482-2
eBook ISBN 978-1-61002-485-3
Price: \$16.95 **Member Price: \$13.95**



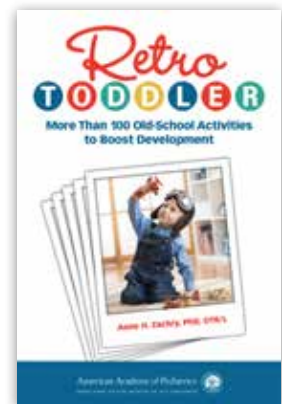
Retro Baby

Timeless Activities to Boost Development—Without All the Gear! 2nd Edition

Anne H. Zachry, PhD, OTR/L

In this fully revised and updated edition, parents will learn how to boost development and bonding by reducing dependence on bouncers, swings, and other baby holders, as well as electronic toys and screen time.

Paperback, 2022—204 pages
CB0125
Book ISBN 978-1-61002-510-2
eBook ISBN 978-1-61002-513-3
Price: \$16.95 **Member Price: \$13.95**



Retro Toddler

More Than 100 Old-School Activities to Boost Development

Anne H. Zachry, PhD, OTR/L

Parents will learn about brain development and the importance of daily active play. Dr. Zachry offers more than 100 activities to promote language, motor, and social skills.

Paperback, 2018—219 pages
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Book ISBN 978-1-61002-157-9
eBook ISBN 978-1-61002-158-6
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As seen on
The TODAY Show!

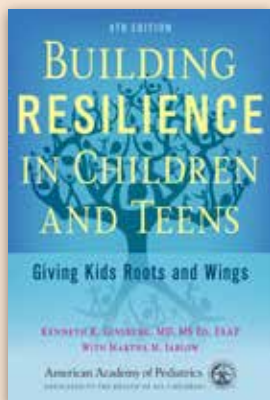
Congrats—You're Having a Teen!

Strengthen Your Family and Raise a Good Person

Kenneth R. Ginsburg, MD, MS Ed, FAAP

Dads and moms of adolescents are often warned about parenting teenagers by other well-meaning adults. But pediatrician Dr Ginsburg is out to prove that these years are parents' best opportunity to effectively guide their children toward adulthood and should be celebrated! He shows how to help teens build confidence in their ability to handle the world on their own, while laying the groundwork for a stronger relationship for life. Parents will learn to understand their child's developmental needs and meet them, rather than finding themselves in conflict. Moms and dads will also learn ways to support a teen's growth, and even their healthy experimentation, while ensuring their safety and moral development. With Dr Ginsburg's effective and mutually respectful communication strategies, parents and teens will emerge with stronger connections and a healthier family.

Paperback, 2022—336 pages
CB0130
Book ISBN 978-1-61002-598-0
eBook ISBN 978-1-61002-601-7
Price: \$16.95 **Member Price: \$13.95**



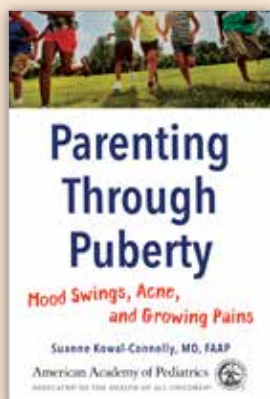
Building Resilience in Children and Teens

Giving Kids Roots and Wings, 4th Edition

Kenneth R. Ginsburg, MD, MS Ed, FAAP, with Martha M. Jablow

Parents, teachers, and others will learn how to boost confidence and foster lifelong grit in children. This fully revised and updated edition includes new information about how strength-based relationships are critical to healthy development, especially for children who have had adverse childhood events or experiences (ACEs). Dr Ginsburg outlines his 7 Crucial Cs—competence, confidence, connection, character, contribution, coping, and control—and teaches moms and dads how to incorporate these concepts into their parenting. *Building Resilience in Children and Teens* also presents strategies to help children and teenagers thrive in coping with the stresses of academic pressure, high achievement standards, media messages, peer pressure, or family tension.

Paperback, 2020—393 pages
CB0118
Book ISBN 978-1-61002-385-6
eBook ISBN 978-1-61002-386-3
Price: \$16.95 **Member Price: \$13.95**



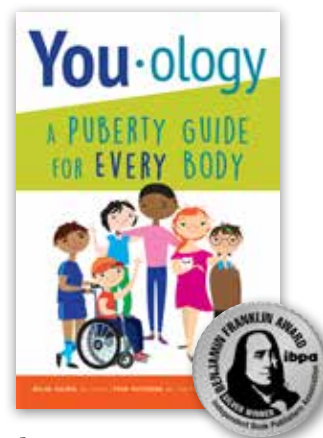
Parenting Through Puberty

Mood Swings, Acne, and Growing Pains

Suzanne Kowal-Connelly, MD, FAAP

Parents will learn about the physical and emotional changes they can expect to see. It also includes ways to encourage adolescents to embrace a healthy, active lifestyle with tips on exercise and nutrition.

Paperback, 2018—246 pages
CB0107
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Price: \$16.95 **Member Price: \$13.95**



You-ology

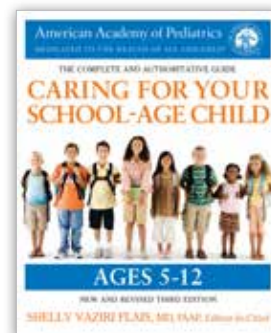
A Puberty Guide for Every Body

Melisa Holmes, MD, FACOG; Trish Hutchison, MD, FAAP; and Kathryn Lowe, MD, FAAP

A new kind of puberty guide, *You-ology* embraces an inclusive approach that normalizes puberty for all kids.

You-ology offers fact-based, age-appropriate, and body-positive information about the physical, social, and emotional changes ahead for all kids. Colorful illustrations keep the tone upbeat and engaging, while short stories featuring a cast of diverse characters add relatability and humor.

Paperback, 2022—166 pages
CB0127
Ages: 8–12
Book ISBN 978-1-61002-569-0
eBook ISBN 978-1-61002-572-0
Price: \$12.95 **Member Price: \$9.95**



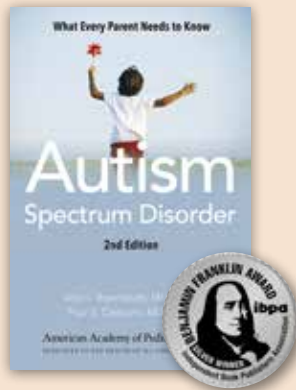
Caring for Your School-Age Child

Ages 5–12, 3rd Edition

American Academy of Pediatrics
Editor in chief: Shelly Vaziri Flais, MD, FAAP

Parents of children aged 5 to 12 will find updated information on medical care, mental health, and behavioral conditions along with an enhanced focus on resilience and life skills.

Paperback, 2018—677 pages
CB0109
Book ISBN 978-1-61002-255-2
eBook ISBN 978-1-61002-256-9
Price: \$23 **Member Price: \$18**



Autism Spectrum Disorder

What Every Parent Needs to Know, 2nd Edition

American Academy of Pediatrics

Editors: Alan I. Rosenblatt, MD, FAAP, and Paul S. Carbone, MD, FAAP

This guide offers authoritative, accessible advice about autism that parents can trust. It will help them to understand how ASD is defined and diagnosed and the most current behavioral and developmental therapies. Topics covered include symptoms and frequency, accessing care, services in the community, behavioral and developmental treatment, and more.

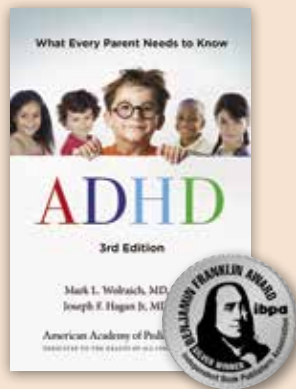
Paperback, 2019—342 pages

CB0111

Book ISBN 978-1-61002-269-9

eBook ISBN 978-1-61002-270-5

Price: \$16.95 **Member Price: \$13.95**



ADHD

What Every Parent Needs to Know, 3rd Edition

American Academy of Pediatrics

Editors: Mark L. Wolraich, MD, FAAP, and Joseph F. Hagan Jr, MD, FAAP

Parents will find the latest recommendations for the treatment and care of children with ADHD in this award-winning guide. It offers parents balanced, reassuring information on topics such as evaluation and diagnosis, coexisting conditions, behavior therapy, ADHD and academics, the role of medication, and more.

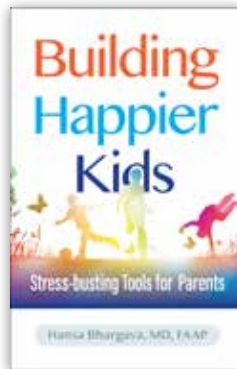
Paperback, 2019—342 pages

CB0110

Book ISBN 978-1-61002-264-4

eBook ISBN 978-1-61002-265-1

Price: \$16.95 **Member Price: \$13.95**



Building Happier Kids

Stress-busting Tools for Parents

Hansa Bhargava, MD, FAAP

Dr Bhargava helps parents understand the impact of stress and shares concrete steps parents can take to reduce the pressure on their children and teens, and increase their health and happiness. She prescribes taking a step back from today's nonstop pace and focusing on the basics of healthy eating, quality sleep, and unscheduled free time to help prioritize health and restore the happiness of childhood.

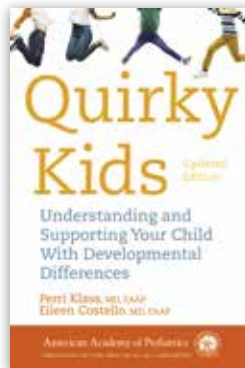
Paperback, 2022—252 pages

CB0128

Book ISBN 978-1-61002-573-7

eBook ISBN 978-1-61002-576-8

Price: \$16.95 **Member Price: \$13.95**



Quirky Kids

Understanding and Supporting Your Child With Developmental Differences, 2nd Edition

Perri Klass, MD, FAAP, and Eileen Costello, MD, FAAP

Parents of children with developmental differences will discover how to support and advocate for their children and their needs. Whether their child has ADHD, autism, another diagnosis, or no diagnosis at all parents will find reassuring guidance.

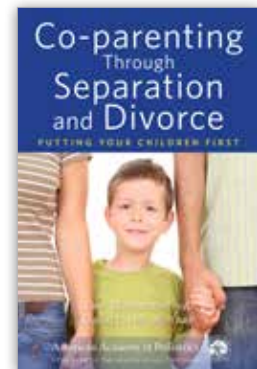
Paperback, 2021—339 pages

CB0119

Book ISBN 978-1-61002-419-8

eBook ISBN 978-1-61002-420-4

Price: \$16.95 **Member Price: \$13.95**



Co-parenting Through Separation and Divorce

Putting Your Children First

Jann Blackstone, PsyD, and David L. Hill, MD, FAAP

This guide helps parents work together to put their children first during separation or divorce. Drs Blackstone and Hill offer a road map through one of life's most difficult challenges.

Paperback, 2020—260 pages

CB0117

Book ISBN 978-1-61002-380-1

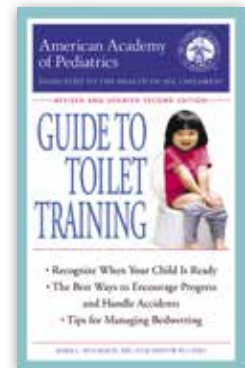
eBook ISBN 978-1-61002-381-8

Price: \$16.95 **Member Price: \$13.95**

Also available from Dr Hill

Dad to Dad: Parenting Like a Pro

CB0069



Guide to Toilet Training, 2nd Edition

American Academy of Pediatrics

Editor in chief: Mark L. Wolraich, MD, FAAP

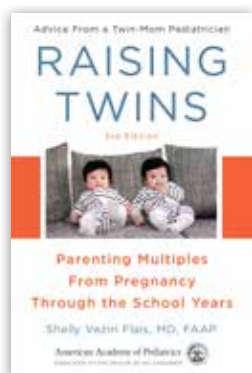
Parents will be reassured by the expert advice offered in this updated edition. It covers timing and how to choose a potty as well as toilet training children with special needs. It also addresses challenges like accidents, resistance, refusal, and constipation.

Paperback, 2016—224 pages

CB0099

ISBN 978-1-61002-062-6

Price: \$16 **Member Price: \$13**



Raising Twins

Parenting Multiples From Pregnancy Through the School Years, 3rd Edition

Shelly Vaziri Flais, MD, FAAP

Pediatrician and twin-mom, Dr Flais, offers expert advice for raising healthy, well-adjusted twins, triplets. Her guidance will help parents of multiples prepare for their babies' arrival, weather the first few months of infancy, manage toddlerhood, and help establish individual identities through the school-age and teenage years.

Paperback, 2019—281 pages
CBO113
Book ISBN 978-1-61002-333-7
eBook ISBN 978-1-61002-334-4
Price: \$16.95 **Member Price: \$13.95**



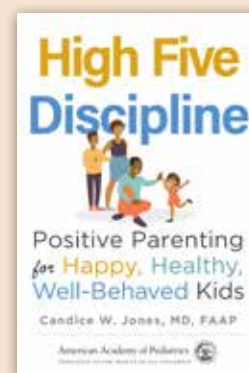
The Working Mom Blueprint

Winning at Parenting Without Losing Yourself

Whitney Casares, MD, MPH, FAAP

In *The Working Mom Blueprint*, she combines honest insights about her own working mom challenges with professional expertise about children of working moms—they thrive!—to create a reassuring guide for navigating modern motherhood. Dr Casares offers a practical plan that covers setting priorities, cultivating self-care, finding child care, establishing an equal parenting partnership, delegating whenever appropriate, and more.

Paperback, 2021—240 pages
CBO124
Book ISBN 978-1-61002-486-0
eBook ISBN 978-1-61002-489-1
Price: \$16.95 **Member Price: \$13.95**



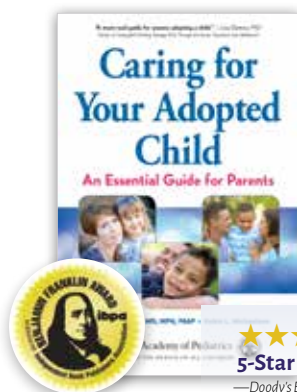
High Five Discipline

Positive Parenting for Happy, Healthy, Well-Behaved Kids

Candice W. Jones, MD, FAAP

In *High Five Discipline*, mom and practicing pediatrician Dr Jones helps parents escape generational traps and embrace positive parenting. Her advice is packed with developmentally appropriate strategies to tame tantrums, stop sibling squabbles, and encourage better behavior, to create a calmer, more harmonious home.

Paperback, 2021—196 pages
CBO126
Book ISBN 978-1-61002-517-1
eBook ISBN 978-1-61002-520-1
Price: \$16.95 **Member Price: \$13.95**



Caring for Your Adopted Child

An Essential Guide for Parents

Elaine E. Schulte, MD, MPH, FAAP, and Robin L. Michaelson

This expert resource will help adoptive parents understand health issues more prevalent in adopted children and support emotional health and attachment.

Paperback, 2018—212 pages
CBO108
Book ISBN 978-1-61002-215-6
eBook ISBN 978-1-61002-216-3
Price: \$16.95 **Member Price: \$13.95**



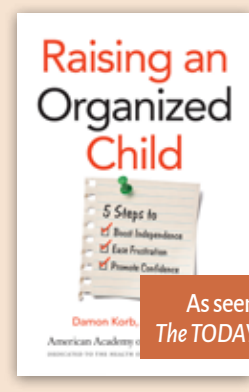
The New Baby Blueprint

Caring for You and Your Little One

Whitney Casares, MD, MPH, FAAP

New mothers will find a modern, empathetic guide to the first few days, weeks, and months with a new baby. Dr Casares combines health and safety information with honest insights from her own parenting experiences. A dual approach to baby and self-care supports new moms through the challenges of meeting their own needs while caring for a new baby.

Paperback, 2020—164 pages
CBO116
Book ISBN 978-1-61002-375-7
eBook ISBN 978-1-61002-376-4
Price: \$14.95 **Member Price: \$11.95**



Raising an Organized Child

5 Steps to Boost Independence, Ease Frustration, and Promote Confidence

Damon Korb, MD, FAAP

Frustrated parents who are tired of chaos will find concrete, actionable guidance for raising an independent, self-assured, and organized child. Dr Korb defines the neurodevelopmental abilities that are critical for organization and shows parents how to develop their children's organized thinking skills.

Paperback, 2019—236 pages
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eBook ISBN 978-1-61002-283-5
Price: \$16.95 **Member Price: \$13.95**



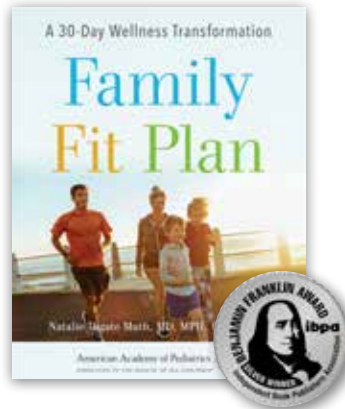
My Child Is Sick!

Expert Advice for Managing Common Illnesses and Injuries, 3rd Edition

Barton D. Schmitt, MD, FAAP

Prevent unnecessary calls to your office when you share *My Child Is Sick!* with parents. Dr Schmitt covers the most common childhood illnesses and injuries with guidance based on the same criteria used by pediatric call centers to determine whether a child is best treated at home, the pediatrician's office, or the emergency department.

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eBook ISBN 978-1-61002-619-2
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Family Fit Plan

A 30-Day Wellness Transformation
Natalie Digate Muth, MD, MPH, RD, FAAP

This pediatrician-designed plan will help families kick-start their health and wellness and set the stage for long-term, lasting improvements in nutrition, fitness, sleep, stress, and screen use habits. Dr Muth walks families through a 30-day transformation that establishes a baseline and goals, creates routines and healthy habits, and provides strategies for overcoming frustration and recognizing obstacles.

Paperback, 2019—220 pages
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Book ISBN 978-1-61002-338-2
eBook ISBN 978-1-61002-339-9
Price: \$16.95 **Member Price: \$13.95**



The Picky Eater Project

6 Weeks to Happier, Healthier Family Mealtimes

Natalie Digate Muth, MD, MPH, RD, FAAP, and Sally Sampson, founder, ChopChop Kids

Families can transform picky eaters into fledgling foodies with *The Picky Eater Project*. It lays out an easy-to-follow 6-week plan that makes shopping and cooking fun.

More than 40 healthy, family-friendly recipes and brilliant color photographs will inspire kids to try healthy meals and snacks.

Paperback, 2016—227 pages
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Book ISBN 978-1-58110-981-8
eBook ISBN 978-1-58110-982-5
Price: \$19.95 **Member Price: \$15.95**



Foreword by
Mona Hanna-Attisha,
MD, MPH, FAAP

Protecting Your Child's Health

Expert Answers to Urgent Environmental Questions

American Academy of Pediatrics
Editor in chief: Ruth A. Etzel, MD, PhD, FAAP
Associate editor: Sophie J. Balk, MD, FAAP

This accessible Q&A guide provides essential information to help parents protect their children from toxins where they live, learn, and play, including information on food and water safety, air pollution, sun protection, lead, radiation, and pesticides. Broader issues such as climate change are also addressed.

Paperback, 2020—241 pages
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Book ISBN 978-1-61002-437-2
eBook ISBN 978-1-61002-438-9
Price: \$16.95 **Member Price: \$13.95**

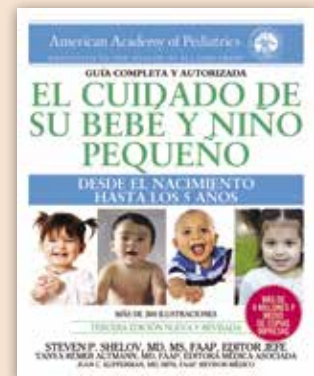
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El primer año de su bebé, 2a edición

Your Baby's First Year, 2nd Edition

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Book ISBN 978-1-61002-080-0
eBook ISBN 978-1-61002-081-7
Price: \$9.99 **Member Price: \$7.99**

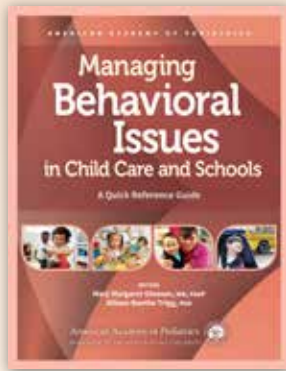


El cuidado de su bebé y niño pequeño, desde el nacimiento hasta los cinco años, 3a edición

Caring for Your Baby and Young Child: Birth to Age 5, 3rd Edition

Paperback, 2016—917 pages, 300 illustrations
CB0100
Book ISBN 978-1-61002-078-7
eBook ISBN 978-1-61002-079-4
Price: \$24.99 **Member Price: \$19.99**

This project was funded in part by the AAP Friends of Children Fund.



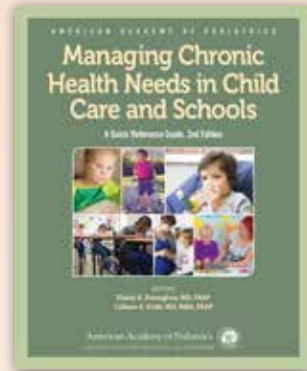
Managing Behavioral Issues in Child Care and Schools

A Quick Reference Guide

Editors: Mary Margaret Gleason, MD, FAAP, and Allison Boothe Trigg, PhD

This guide provides essential information and strategies on managing emotional and behavioral issues in group care settings. Topics include social-emotional development, biting, post-traumatic stress disorder and common behavioral issues. This practical tool also includes 25 Quick Reference Sheets on the most common issues, ready-to-use forms, sample cases of difficult situations, and sample screening tools.

Spiral-bound, 2020—247 pages
MA0950
Book ISBN 978-1-61002-370-2
eBook ISBN 978-1-61002-371-9
Price: \$62.95 **Member Price: \$49.95**



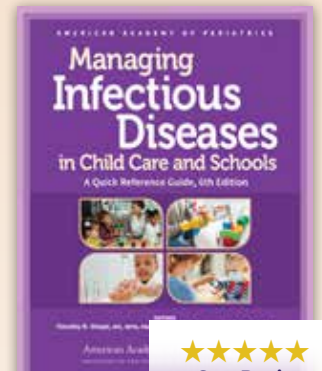
Managing Chronic Health Needs in Child Care and Schools

A Quick Reference Guide, 2nd Edition

Editors: Elaine A. Donoghue, MD, FAAP, and Colleen A. Kraft, MD, MBA, FAAP

This resource helps teachers and caregivers address the challenges of caring for children with chronic health conditions and special health care needs in child care and school settings. More than 50 Quick Reference Sheets provide school staff and caregivers with guidance on how to help at a glance.

Spiral-bound, 2018—281 pages
MA0865
Book ISBN 978-1-61002-175-3
eBook ISBN 978-1-61002-176-0
Price: \$62.95 **Member Price: \$49.95**



Managing Infectious Diseases in Child Care and Schools

A Quick Reference Guide, 6th Edition

Editors: Timothy R. Shope, MD, MPH, FAAP, and Andrew N. Hashikawa, MD, MS, FAAP

This quick reference guide provides information about the prevention and management of infectious diseases in early childhood education settings, such as child care centers and schools.

This easy-to-use guide includes

- Content from *Red Book*® and *Caring for Our Children*
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- Explanations on how infectious diseases spread
- Strategies for limiting the spread of infection
- When exclusion is or is not indicated
- New information on pandemic preparedness
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Spiral-bound, 2023—273 pages
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—Zaharoula A. Viennas, MD, FAAP
Children's Hospital of the King's Daughters, Norfolk, Virginia





The Secret of Sleep

Birth to 6 Months

Parents will learn about normal sleep patterns, the importance of sleep, sleep routines, and sleep training in this new booklet. It offers reassuring advice and safe techniques to ensure their infant and the whole family gets the sleep they need. Excerpted from *The CALM Baby Method*. See page 6 for details about the book.

Sold in packs of 10 booklets—21 pages
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Price: \$40 **Member Price: \$35**



Postpartum Depression and Anxiety

Caring for Yourself

New parents will learn about the postpartum spectrum of psychiatric syndromes including postpartum blues, psychosis, and depression in this new booklet. They will find information about screening and getting help.

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Newborn Care

A Guide for Parents and Caregivers

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Your Child's Poop

What's Normal, What's Not

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Understanding Autism Spectrum Disorder (ASD)

This booklet, written with parents in mind, provides an essential overview of ASD. The topics covered include defining ASD, early signs and diagnosis, associated conditions, treatment strategies, and more.

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What's Best for Your Family?

This booklet covers choosing the right type of child care, reviewing the family budget, and helping children adjust.

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Parents will learn about their child's condition and how to manage it with an overview of treatments and medications as well as tips on avoiding triggers and dealing with acute attacks.

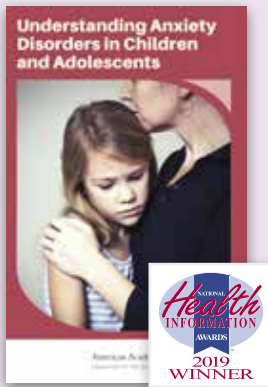
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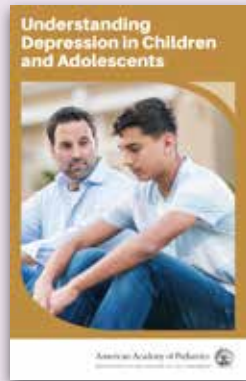


Understanding Anxiety Disorders in Children and Adolescents

This booklet helps parents learn about anxiety disorders.

It addresses the difference between anxiety and an anxiety disorder, causes of anxiety disorders, signs and symptoms, diagnoses and treatment, and more.

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Understanding Depression in Children and Adolescents

Parents will learn the difference between sadness and depression in this booklet. They will also learn about causes, prevention, treatment, and signs of suicide risk.

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Healthy Ways to Manage Stress and Live Well

This booklet will help parents learn about stress and ways to manage it in their families. It includes information on yoga, meditation, deep breathing, mindfulness, and more. Also discussed are tips for healthy living with helpful reminders on how to eat well, sleep well, and be more active.

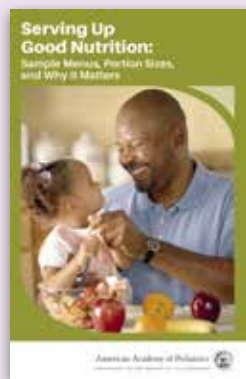
Sold in packs of 10 booklets—21 pages
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Positive Parenting Strategies to Help Children and Teens Thrive

This new booklet will help parents understand the importance of creating a safe, stable, and nurturing environment. It offers an overview of evidence-based parenting approaches, examples, and parenting tips. Topics covered include building connections, listening, routines, self-regulation and more!

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Serving Up Good Nutrition

Sample Menus, Portion Sizes, and Why It Matters

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Energy Balance

What Parents Need to Know

This booklet introduces the concept of energy balance to parents in easy-to-understand language. Parents will learn about the number of calories and amount of food their child needs, the importance of exercise and movement, and how to read a nutrition label, among other topics.

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Nutrients Your Child Needs

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Published by the American Heart Association and Laerdal

English & Spanish, 2024

MA1149

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**New!****Caring for Your Sick Child**

Managing Common Infections at Home

Barton D. Schmitt, MD, FAAP

Written at a sixth-grade reading level, this indispensable guide will help reduce the number of unnecessary calls and visits to your office by arming parents with essential information.

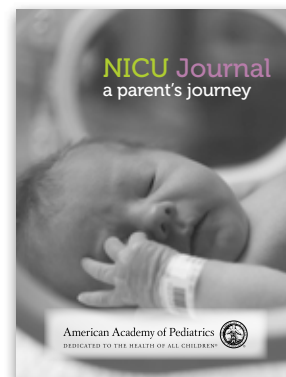
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Parents of babies in the NICU will become more informed partners in care with this spiral-bound journal. The journal includes answers to common questions about the NICU, offers tips on coping, and provides helpful checklists. The interactive journal format will help parents stay organized while in the NICU and will become a cherished keepsake.

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This brochure explains the importance of putting babies to sleep on their backs and how to create a safe sleep environment to help reduce the risk of SIDS, entrapment, strangulation, and suffocation.



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Your Child Has a Sore Throat: What's the Cause?



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Building Strong Bones: Why Calcium Counts



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Feeding Kids Right Isn't Always Easy: Tips for Preventing Food Hassles



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Right From the Start: ABCs of Good Nutrition for Young Children



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American Academy of Pediatrics
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This brochure provides important information on how and when to introduce solid foods to infants.

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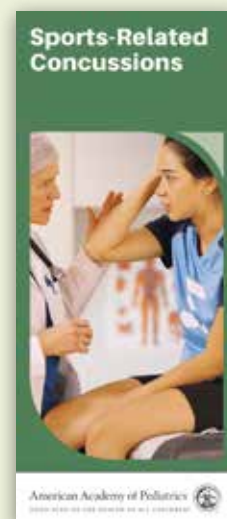
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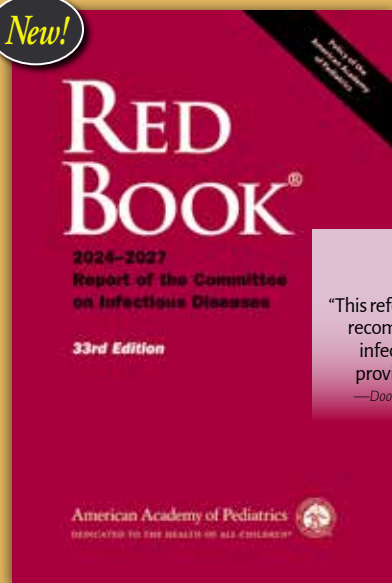
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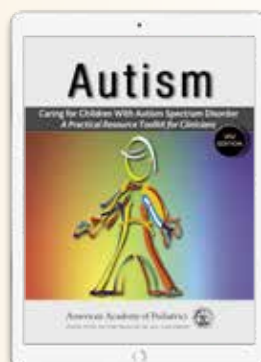
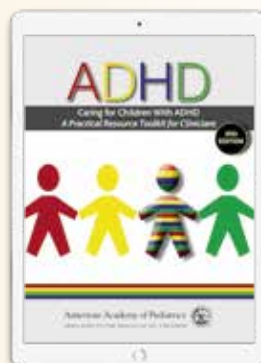
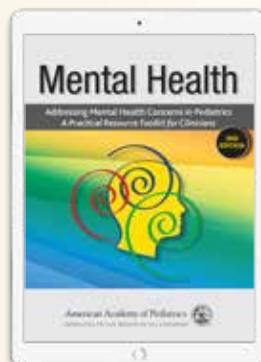
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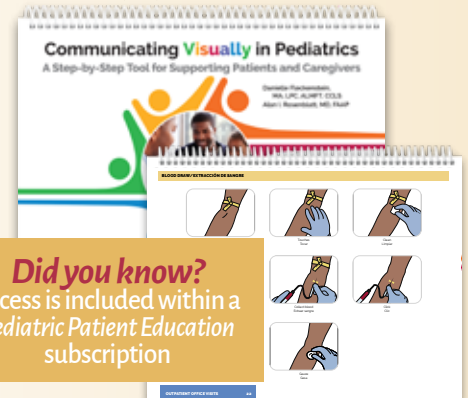
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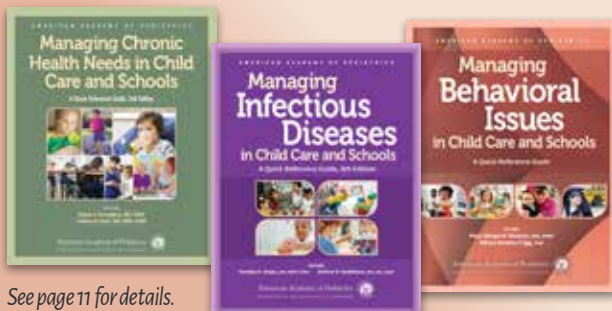
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