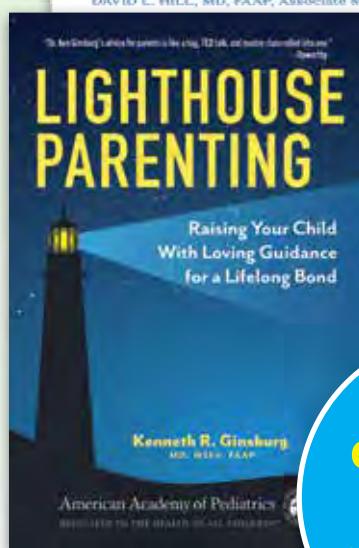


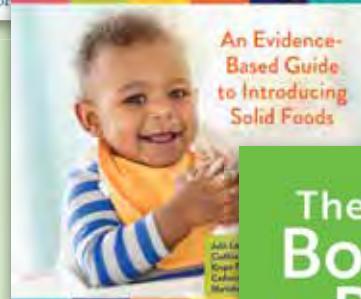
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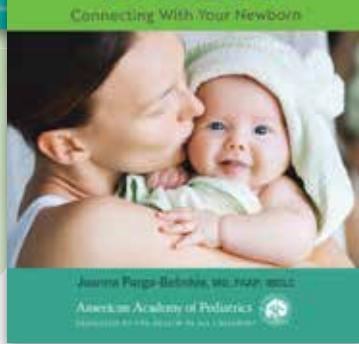
SPRING 2025 PATIENT EDUCATION CATALOG



Baby Leads the Way



The Baby Bonding Book



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Patient Education Resources

Trusted Information From the American Academy of Pediatrics

Kids are always growing! And as a professional who cares for children, you want to help make sure they grow as happily and healthily as possible. That's where patient education resources from the AAP come in. When you share pediatrician-authored books and accessible booklets and brochures, you help parents and caregivers tend to their growing children at every age and stage!

The newborn period is a crucial time for both physical growth and the development of a baby's biochemistry. In ***The Baby Bonding Book: Connecting With Your Newborn*** (page 5), neonatologist Joanna Parga-Belinkie helps new mothers discover the ways that delivery, breastfeeding, crying, and sleep—both theirs and baby's—are the building blocks of bonding, safety, and attachment.

As babies get older, starting solid foods is a critical phase in the development of healthy eaters. Our new book, ***Baby Leads the Way: An Evidence-Based Guide to Introducing Solid Foods*** (page 3), helps parents introduce a wide variety of solid foods with baby-led feeding techniques that focus on safe, nutritious, and healthy meals for the whole family.

Babies and kids just keep getting bigger, and AAP parenting books help caregivers keep up! Our flagship guide, ***Caring for Your Baby and Young Child: Birth to Age 5*** (page 3), is a comprehensive reference to the first 5 years after birth. And resources like the latest from adolescent medicine expert Dr Ken Ginsburg, ***Lighthouse Parenting: Raising Your Child With Loving Guidance for a Lifelong Bond*** (page 7), will make sure kids' mental health and their relationships with their parents grow and strengthen along with their bodies.

Finally, this spring we're offering you the chance to stock up and save on our patient education booklets and brochures, including our newest booklet, ***Toddler Care: A Guide for Parents and Caregivers*** (page 12). Now through April 25, 2025, use **promo code GROW** at aap.org/shopaap to save an extra 20% on brochures and booklets—that's on top of our regular member and bulk discounts!




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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. Here is just a sampling of the topics included in this comprehensive handbook of child care.

- ADHD
- Allergies and asthma
- Autism spectrum disorder
- Behavior
- Breastfeeding
- Car safety seats
- Cough and cold treatment
- CPR instruction
- Early brain development
- Eczema
- Environmental hazards
- Head lice
- Immunizations
- Media and technology exposure
- MRSA infections
- Newborn screening
- Obesity
- Organic foods
- Parenting multiples
- Prebiotics
- Prenatal and newborn care
- Probiotics
- Resilience
- RSV prevention
- Safe sleep and SIDS
- Sickle cell disease
- Vitamin and iron supplementation

Also included is a complete health encyclopedia covering injuries, illnesses, congenital diseases, and other disabilities.

Paperback, October 2024—816 pages, 300 illustrations

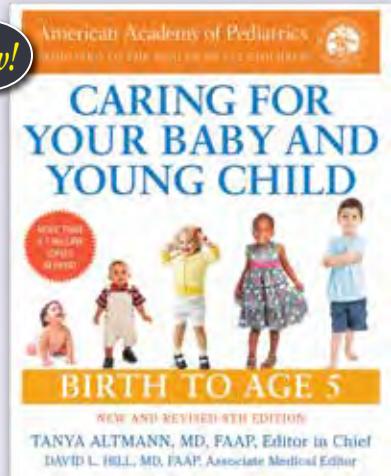
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Book ISBN 978-1-61002-716-8

eBook ISBN 978-1-61002-718-2

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

New!



Baby Leads the Way

An Evidence-Based Guide to Introducing Solid Foods

Julie Lauz, 101 before one Founder, Cinthia Scott, RD, IBCLC; Krupa Playforth, MD, FAAP; Catherine Callahan, MS, CCC-SLP, CLC; and Manisha Relan, MD, FAAP, FAAAAI, FACAAI

Written by a multidisciplinary team of experienced medical professionals and starting solids experts, this practical, research-backed comprehensive resource guides parents on how to safely introduce solid food to their baby. *Baby Leads the Way* offers a simple, step-by-step framework to support families in navigating this journey with confidence.

Parents will learn how to

- Teach their baby to self-feed from the start.
- Foster intuitive eating skills.
- Create balanced meals.
- Build adventurous eating habits.
- Introduce allergens early and often to reduce the likelihood of food allergies.
- Modify dishes to make meals the whole family can share.
- Follow responsive feeding practices.

The goal is simple: help parents introduce a wide variety of nutritious foods through family meals before baby turns 1 year old, setting the foundation for lifelong healthy eating habits.

Paperback, February 2025—205 pages

CB0140

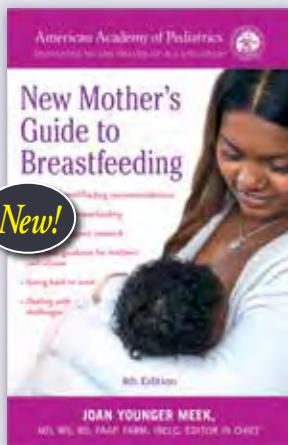
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eBook ISBN 978-1-61002-763-2

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



New!



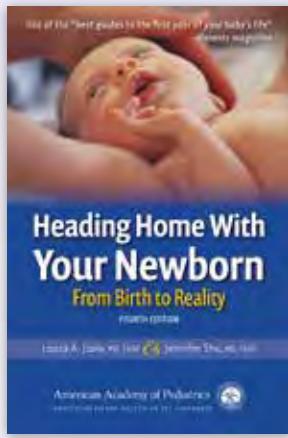
New Mother's Guide to Breastfeeding, 4th Edition

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 policy statement "Breastfeeding and the Use of Human Milk," guidance regarding safe sleep and management of jaundice, and a new chapter for mothers who experience challenges in breastfeeding.

Paperback, June 2024—292 pages
CB0138
ISBN 978-1-61002-729-8
Price: \$20 [Member Price: \\$17](#)



Heading Home With Your Newborn

From Birth to Reality, 4th Edition

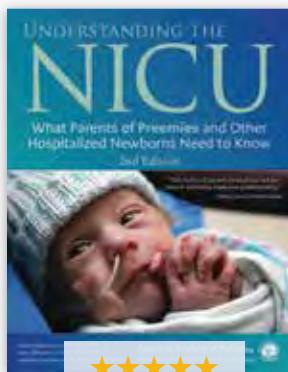
Laura A. Jana, MD, FAAP, and Jennifer Shu, MD, FAAP

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

This best-selling guide covers everything from feeding and diapering to crying and sleep. It also includes information on

- Breastfeeding, pumping, and formula
- Safe sleep and sleep strategies
- Typical development and concerns to discuss with the pediatrician
- Illnesses and injuries
- Vaccines and well-baby visits
- "Baby blues" and postpartum depression, including symptoms and getting help
- And much more

Paperback, 2020—391 pages
CB0120
Book ISBN 978-1-61002-424-2
eBook ISBN 978-1-61002-425-9
Price: \$16.95 [Member Price: \\$13.95](#)



Understanding the NICU

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

Editor in chief: Meera Meerkov, MD, FAAP

Contributing editors: Cary Weiner, MD, FAAP, and Jeanette Zaichkin, RN, MN, NNP-BC

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. Inspirational stories from parents of hospitalized newborns will bring comfort and hope during a critical time.

Paperback, 2023—357 pages
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- Caring for Your Baby and Young Child: Birth to Age 5
- New Mother's Guide to Breastfeeding
- Heading Home With Your Newborn: From Birth to Reality
- Baby and Toddler Basics: Expert Answers to Parents' Top 150 Questions
- Your Baby's First Year
- Dad to Dad: Parenting Like a Pro

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PARENTING BOOKS & eBOOKS

5

The Baby Bonding Book

Connecting With Your Newborn

Joanna Parga-Belinkie, MD, FAAP, IBCLC

In *The Baby Bonding Book*, pediatrician and neonatologist Joanna Parga-Belinkie helps new and expecting mothers focus on what is most important—building a relationship with their newborn. She gently encourages moms to tune out the noise and build a deep and intentional bond with their infant.

Dr Parga-Belinkie explains that the attachment between a mother and her newborn shapes the baby's biochemistry, which is the bedrock of the person they will become. While there are important health and safety decisions to be made, during the fleeting newborn period the most important thing new moms can do is be present for their child.

The Baby Bonding Book explores how delivery, breastfeeding, crying, and sleep—both baby's and mom's—are the building blocks of bonding, safety, and attachment. New and expecting mothers will appreciate Dr Parga-Belinkie's relatable voice and advice born as much from her experiences as a mother of 3 young children as from her pediatric training and expertise.

Paperback, available April 2025—250 pages

CBO141

Book ISBN 978-1-61002-785-4

eBook ISBN 978-1-61002-786-1

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



New!

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

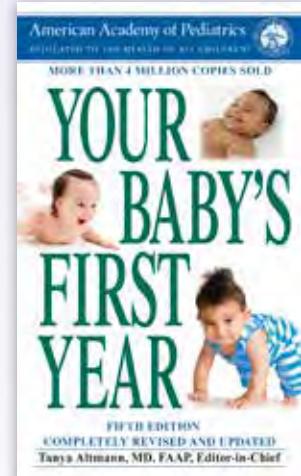
Paperback, 2020—787 pages

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Price: \$9.99 **Member Price: \$7.99**



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YEAR

FIFTH EDITION
COMPLETELY REVISED AND UPDATED
Tanya Altmann, MD, FAAP, Editor-in-Chief

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 offers.

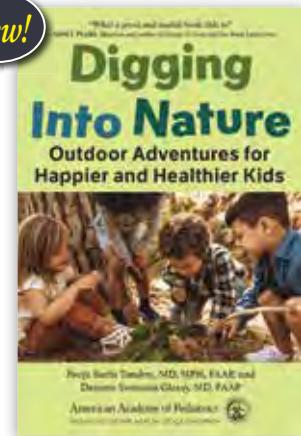
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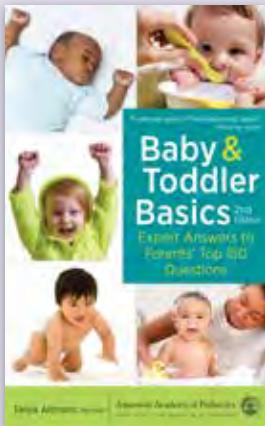
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Baby and Toddler Basics

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.

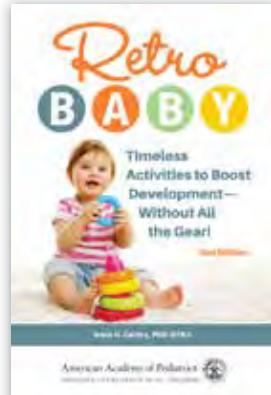
Paperback, 2022—286 pages

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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.

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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.

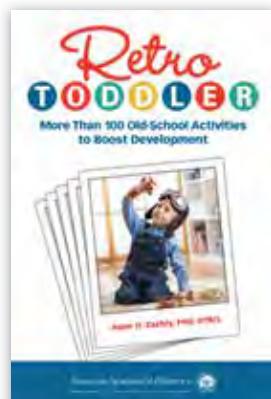
Paperback, 2022—196 pages

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eBook ISBN 978-1-61002-597-3

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



Retro Toddler

More Than 300 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.

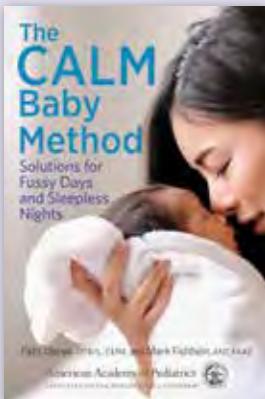
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Book ISBN 978-1-61002-157-9

eBook ISBN 978-1-61002-158-6

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The CALM Baby Method

Solutions for Fussy Days and Sleepless Nights

Patti Ideran, 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 high-needs 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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PARENTING BOOKS & eBOOKS

7

Lighthouse Parenting

Raising Your Child With Loving Guidance for a Lifelong Bond

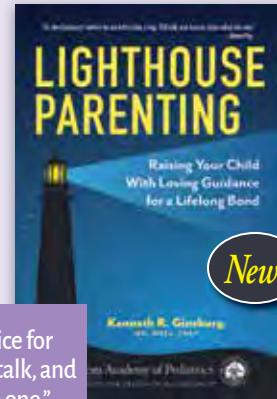
Kenneth R. Ginsburg, MD, MSEd, FAAP

Dr Ken Ginsburg, a leading adolescent health expert, offers a parenting action plan that lays the foundation for the kind of relationship in which parents will be welcomed as a guide in childhood, throughout adolescence, and beyond. The near-term benefits of building the parent-child relationship through *Lighthouse Parenting* include

- Greater academic success
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- Reduced emotional distress
- Increased resilience

But, in the long term, following the *Lighthouse Parenting* philosophy helps develop emotionally healthy children and adolescents who are more likely to go on to have deep, enduring relationships with their parents for their entire lifetime.

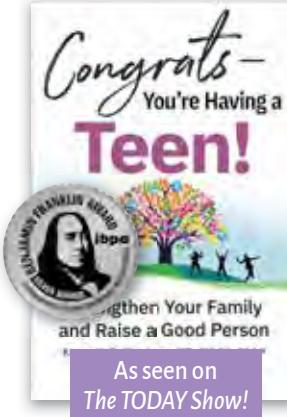
Paperback, February 2025—284 pages
CBo136
Book ISBN 978-1-61002-719-9
eBook ISBN 978-1-61002-721-2
Price: \$19.95 **Member Price: \$16.95**



New!

“Dr Ken Ginsburg’s advice for parents is like a hug, TED talk, and master class rolled into one.”

—Upworthy



As seen on
The TODAY Show!

Congrats—You're Having a Teen!

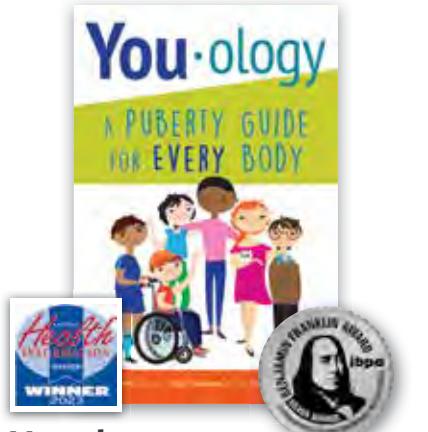
Strengthen Your Family and Raise a Good Person

Kenneth R. Ginsburg, MD, MSEd, 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 find themselves in conflict. Moms and dads will also learn ways to support a teen's growth, and even their healthy experimentation, while assuring 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
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Book ISBN 978-1-61002-598-0
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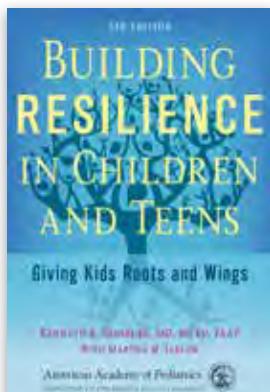
You-ology

A Puberty Guide for Every Body

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

What if learning about changing bodies could be inclusive, fun, and, well, kind of adorable? A new kind of puberty guide, *You-ology* embraces an inclusive approach that normalizes puberty for all kids. Traditional puberty education only contributes to a sense of isolation and often does not include all kids' experience of puberty and leaves kids with questions about how puberty will affect their friends and classmates. For curious kids and parents looking to talk about puberty in an inclusive way, *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
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eBook ISBN 978-1-61002-572-0
Price: \$12.95 **Member Price: \$9.95**



high achievement standards, media messages, peer pressure, or family tension.

Paperback, 2020—393 pages
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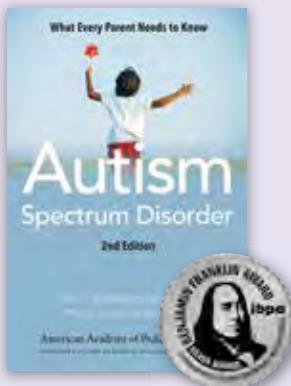
Also available from Dr Ginsburg

Reaching Teens

Strength-Based, Trauma-Sensitive, Resilience-Building Communication Strategies Rooted in Positive Youth Development, 2nd Edition
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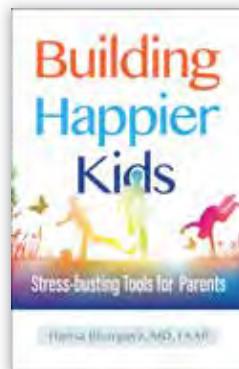
Autism Spectrum Disorder

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 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

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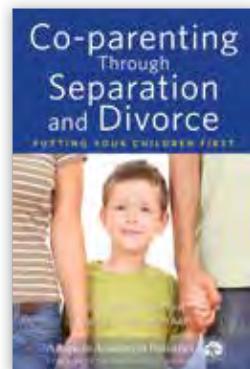
Building Happier Kids

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 to 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

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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.

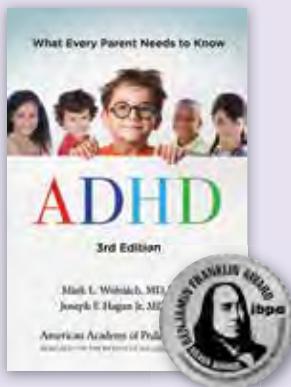
Paperback, 2020—260 pages

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Book ISBN 978-1-61002-380-1
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Also available from Dr Hill

Dad to Dad: Parenting Like a Pro

CB0069



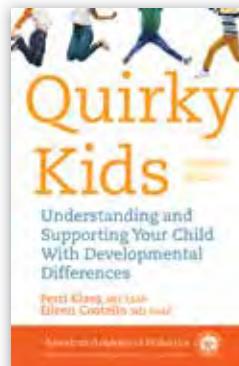
ADHD

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.

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eBook ISBN 978-1-61002-265-1
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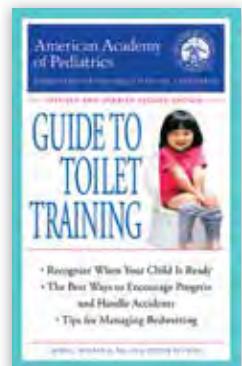
Quirky Kids

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

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eBook ISBN 978-1-61002-420-4
Price: \$16.95 **Member Price: \$13.95**



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.

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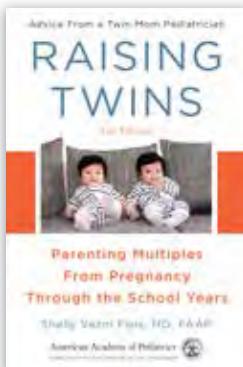
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9



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 and 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.

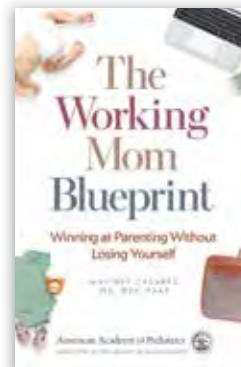
Paperback, 2019—281 pages

CB0113

Book ISBN 978-1-61002-333-7

eBook ISBN 978-1-61002-334-4

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The Working Mom Blueprint

Winning at Parenting Without Losing Yourself

Whitney Casares, MD, MPH, FAAP

In *The Working Mom Blueprint*, Dr Casares 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.

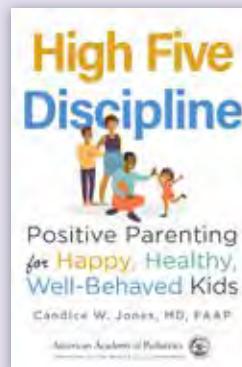
Paperback, 2021—240 pages

CB0124

Book ISBN 978-1-61002-486-0

eBook ISBN 978-1-61002-489-1

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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.

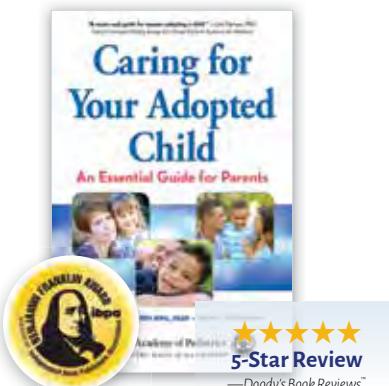
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Caring for Your Adopted Child

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

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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.

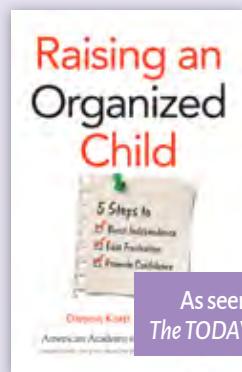
Paperback, 2020—164 pages

CB0116

Book ISBN 978-1-61002-375-7

eBook ISBN 978-1-61002-376-4

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As seen on
The TODAY Show!

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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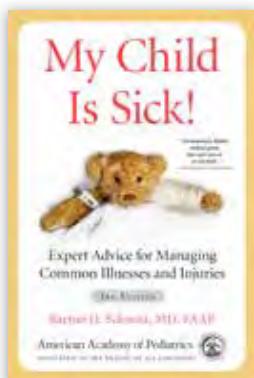
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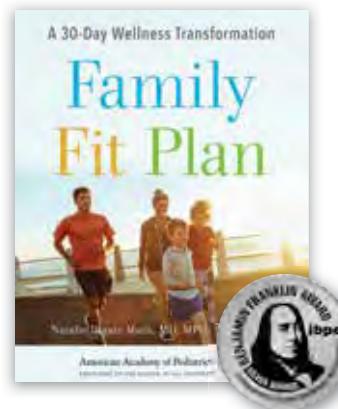
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eBook ISBN 978-1-61002-619-2

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Family Fit Plan

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

CB0114

Book ISBN 978-1-61002-338-2

eBook ISBN 978-1-61002-339-9

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



As seen in *The New York Times*

The Picky Eater Project

6 Weeks to Happier, Healthier Family Mealtimes
Natalie Digate Muth, MD, MPH, RDN, 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.

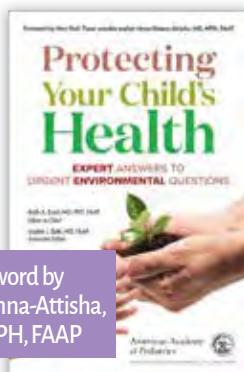
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CB0096

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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.

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El primer año de su bebé, 2a edición

Your Baby's First Year, 2nd Edition

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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

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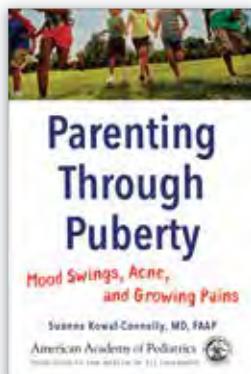
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Parenting Through Puberty

Mood Swings, Acne, and Growing Pains

Suanne Kowal-Connolly, MD, FAAP

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

Paperback, 2018—246 pages

CBo107

Book ISBN 978-1-61002-212-5

eBook ISBN 978-1-61002-213-2

Price: \$16.95 [Member Price: \\$13.95](#)

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, as well as men and women, and discusses it in the context of not only the family but also the extended family, school, and greater community.

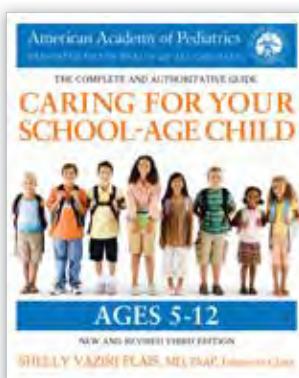
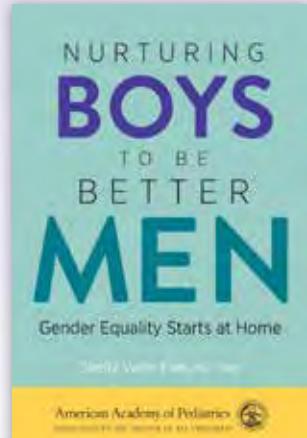
Paperback, 2023—216 pages

CBo134

Book ISBN 978-1-61002-677-2

eBook ISBN 978-1-61002-679-6

Price: \$18.95 [Member Price: \\$15.95](#)



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

CBo109

Book ISBN 978-1-61002-255-2

eBook ISBN 978-1-61002-256-9

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—Zaharoula A. Viennas, MD, FAAP

Children's Hospital of the King's Daughters; Norfolk, Virginia



Toddler Care

A Guide for Parents and Caregivers

Parents of children aged 1 to 3 years will learn important information about the development, care, and safety of their toddlers. The booklet covers creating positive experiences for toddlers, the timing of common milestones, answers to frequently asked questions, and critical safety guidance as babies become mobile and curious toddlers!

Solid in packs of 10 booklets—21 pages
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Newborn Care

A Guide for Parents and Caregivers

This booklet offers parents essential guidance for the first 3 months of their baby's life. Parents will appreciate the just-the-basics clarity combined with the confidence of knowing they are following pediatrician-approved AAP guidelines in caring for their new baby.

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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 booklet. It offers reassuring advice and safe techniques to ensure their infant and the whole family get the sleep they need. Excerpted from *The CALM Baby Method*. See page 6 for details about the book.

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Your Child's Poop

What's Normal, What's Not

This full-color booklet will help parents determine if their newborn, infant, or child's bowel movements are normal and if concerns warrant a call to the pediatrician. It covers topics such as identifying abnormal stools, constipation, diarrhea, and when to call the pediatrician.

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Understanding Autism Spectrum Disorder (ASD)

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What's Best for Your Family?

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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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Healthy Ways to Manage Stress and Live Well

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Positive Parenting

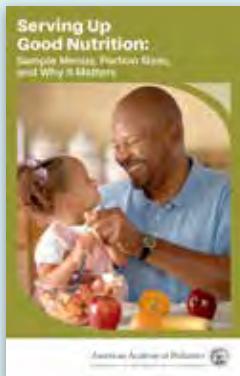
Strategies to Help Children and Teens Thrive

This new booklet will help parents understand the importance of creating a safe, stable, 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

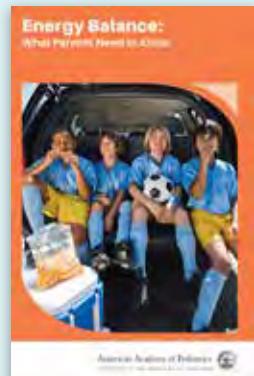
Sample Menus, Portion Sizes, and Why It Matters

This booklet educates parents and other caregivers on nutrition guidelines and appropriate portion sizes for toddlers, children, and teens. It includes sample menus for creating well-balanced, child-friendly meals.

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Feeding Babies and Toddlers

Nutrients Your Child Needs

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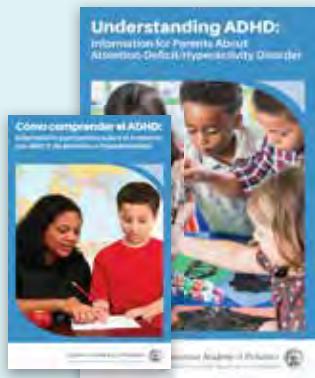
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Barton D. Schmitt, MD, FAAP

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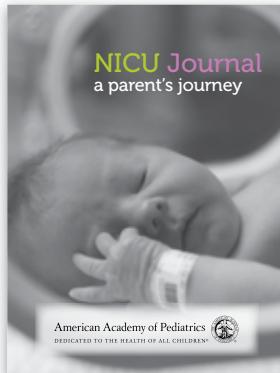
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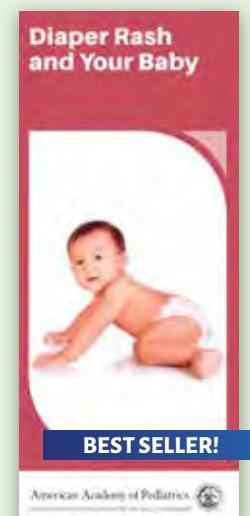
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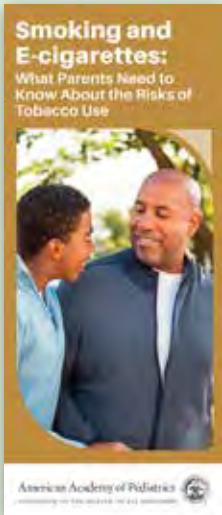
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1 to 2 Years

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6 Years

HE0064-B

8 Years

HE0064-C

10 Years

HE0064-D



(Front Side)

(Back Side)

3-in-1 First Aid, Choking, CPR Chart

Every facility or home with infants or children should have this helpful chart. This quick guide helps you respond rapidly and effectively in emergencies. The large wall chart includes first aid guidance on one side and choking and CPR guidance on the other. Topics include burns, scalds, fractures, sprains, head injuries, poisons, skin wounds, stings and bites, and infant and child CPR.

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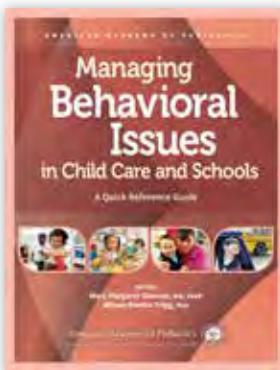


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Managing Behavioral Issues in Child Care and Schools

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, posttraumatic 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.

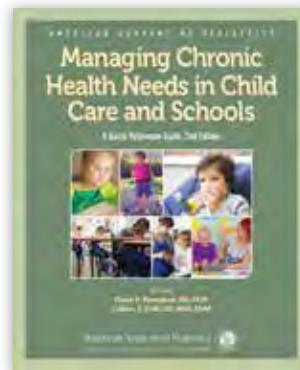
Spiral-bound, 2020—247 pages

MA0950

Book ISBN 978-1-61002-370-2

eBook ISBN 978-1-61002-371-9

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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.

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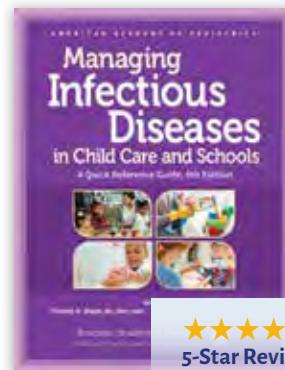
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MA1100

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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*
- Quick Reference Sheets on more than 55 common infectious diseases and symptoms
- Explanations on how infectious diseases spread
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- When exclusion is or is not indicated
- New information on pandemic preparedness
- Sample letters and forms for parents

Spiral-bound, 2023—271 pages

MA1080

Book ISBN 978-1-61002-659-8

eBook ISBN 978-1-61002-660-4

Price: \$62.95 **Member Price: \$49.95**

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Red Book®

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Editor: David W. Kimberlin, MD, FAAP

Associate editors: Ritu Banerjee, MD, PhD, FAAP; Elizabeth D. Barnett, MD, FAAP; Ruth Lynfield, MD, FAAP; and Mark H. Sawyer, MD, FAAP

For more than 85 years, health care professionals have “referred to the Red Book” for trustworthy guidance on pediatric infectious disease prevention, management, and control.

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Paperback, May 2024—1,261 pages

MA1140

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The First 1,000 Days Knowledge Center is supported by an educational grant from Mead Johnson Nutrition.

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MA0940

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Online access, 2018

BF0048

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Single-User Price: \$375

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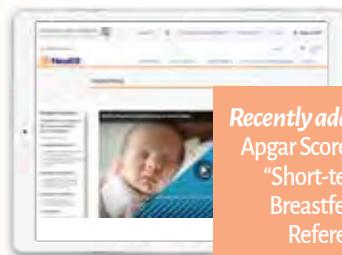
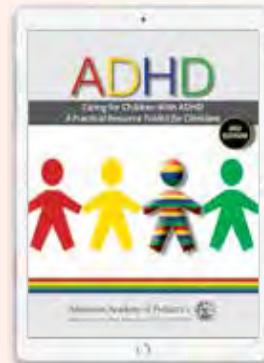
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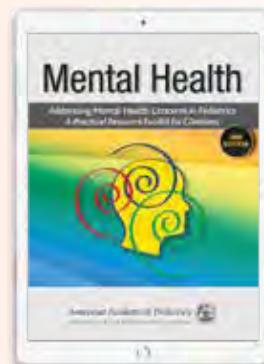
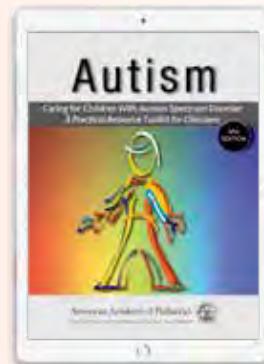
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Did you know? You can access the Bright Futures, ADHD, Autism, and Mental Health toolkits, and so much more, with your *Pediatric Care Online™* subscription!

[See page 21 for details.](#)



Recently added to NeoKit—
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Reference Table”



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[See page 21 for details.](#)

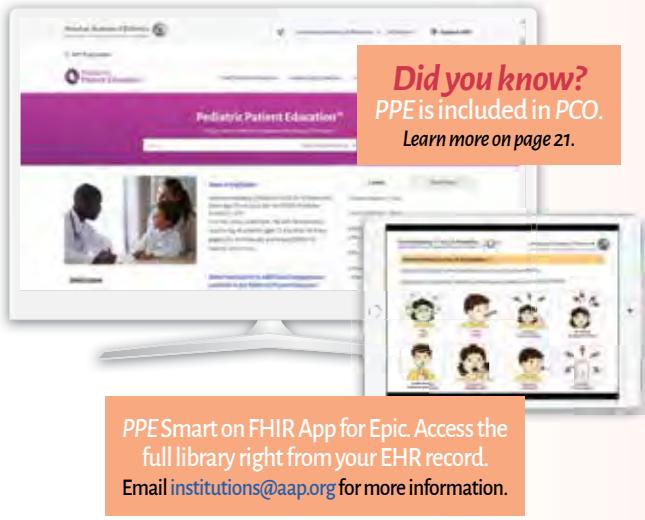
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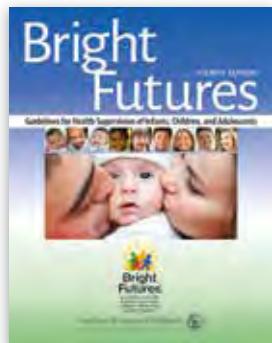
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DOODY'S CORE TITLE

Bright Futures

Guidelines for Health Supervision of Infants, Children, and Adolescents, 4th Edition

Editors: Joseph F. Hagan Jr, MD, FAAP; Judith S. Shaw, EdD, MPH, RN, FAAP; and Paula M. Duncan, MD, FAAP

Paperback, 2017—868 pages

BF0043

Book ISBN 978-1-61002-022-0

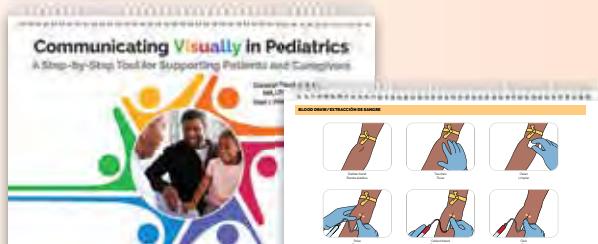
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Price: \$74.95

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A Step-by-Step Tool for Patients and Caregivers

Danielle Fleckenstein, MA, LPC, ALMFT, CCLS, and Alan I. Rosenblatt, MD, FAAP



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Bright Futures Guidelines Pocket Guide, 4th Edition

Spiral-bound, 2017—123 pages

BF0044

Book ISBN 978-1-61002-082-4

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Spiral-bound, 2022—60 pages

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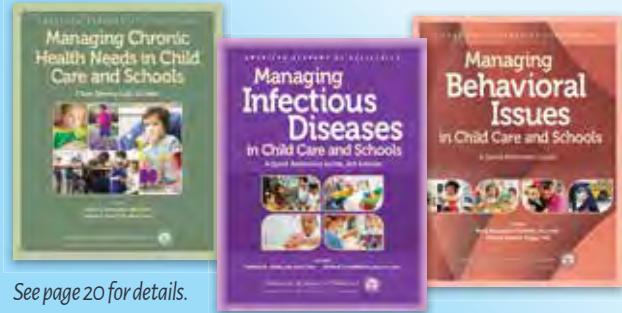
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