

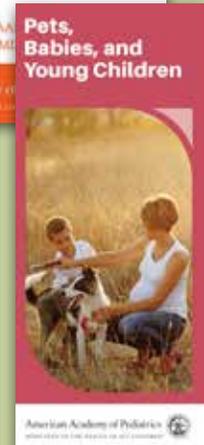
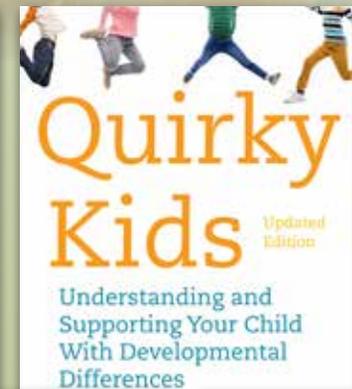
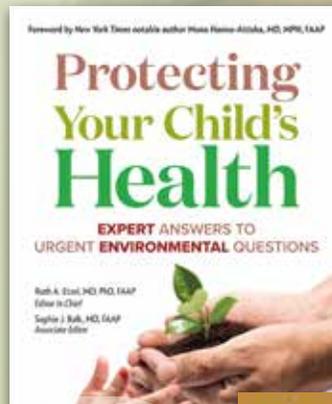
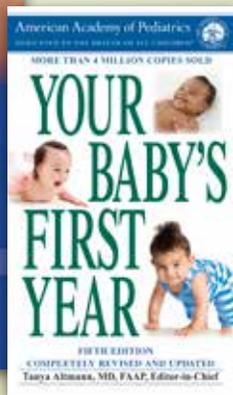
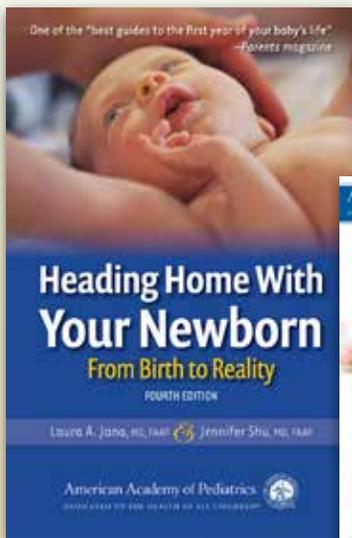
American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



90 Years of Caring for Children—1930–2020

The latest guidance for new parents and more from the American Academy of Pediatrics



SAVE UP TO 50% when you buy in bulk!

shopAAP shop.aap.org



AAP Members SAVE every day!

Fall 2020 Patient Education Catalog

# Patient Education Resources

Trusted Information From the American Academy of Pediatrics

From our work on infectious diseases to advocating for child health issues and from safety guidance to tips for teens, the members of the AAP are so much more than “baby doctors.” But, at the end of the day, we do really, really love little ones! For decades, parents have trusted our books and brochures to help them through those overwhelming first few days, weeks, and months with their new babies. We're so pleased to be able to share updated editions of 2 of our most popular books for moms and dads, along with other new products.

- **Your Baby's First Year, 5th Edition** (page 3), is an essential reference, chock-full of the latest AAP policies and advice covering every aspect of that first critical year. Bulk discounts of up to 50% make this one of our most affordable options to share with families.
- **Heading Home With Your Newborn: From Birth to Reality, 4th Edition** (page 3), offers reassuring, relatable advice from 2 pediatrician-moms. Their calm and comprehensive advice will help expecting and brand-new parents care for their baby with confidence.
- For families expecting a new addition, human or furry, the new brochure **Pets, Babies, and Young Children** (page 19) offers helpful tips and important guidance on safety considerations.
- Other new resources include **Quirky Kids: Understanding and Supporting Your Child With Developmental Differences** (page 4), **Protecting Your Child's Health: Expert Answers to Urgent Environmental Questions** (page 4), and a new booklet, **Understanding Depression in Children and Adolescents** (page 13).

Thank you for your dedication to the health of all children and for supporting the mission of the American Academy of Pediatrics. Find the latest COVID-19 updates and guidance at [aap.org/covid-19](http://aap.org/covid-19).



## Get OUR KidsDoc Symptom Checker on YOUR website.



Includes COVID-19 resources!

Our popular KidsDoc Symptom Checker is available to license via an iFrame on your website! The tool's content is regularly updated so there's no work for you. And the tool is now mobile optimized, is available in Spanish (at no additional cost), and can be customized to match the look and feel of your website.



**healthychildren.org**  
Powered by pediatricians. Trusted by parents.  
from the American Academy of Pediatrics

For more information, visit [HealthyChildren.org/kidsdoc](http://HealthyChildren.org/kidsdoc).

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



## CONTENTS

Parenting Books and eBooks .....	3
Child Care and Schools .....	11
Parenting Booklets .....	12
TIPP®—The Injury Prevention Program Forms .....	14
Safety Checklists, Charts, and More .....	15
Nutrition, Growth, and Development Brochures .....	16
Babies and Toddlers Brochures .....	17
Behavioral and Mental Health/Teen Topics Brochures .....	18
Safety Brochures .....	19
Illnesses and Conditions Brochures .....	20
Pediatric Patient Education™ .....	21
Pediatric Care Online™ .....	22
Practice Resources .....	23

## SATISFACTION GUARANTEED

Helping you do the best for the children in your care is our goal. If you are not satisfied with your purchase, you may return it, in salable condition, within 30 days after receipt of order. Please call 630/626-6000 or 847/434-4000 (outside the United States and Canada) for return authorization and details. Shipping and handling charges are nonrefundable.

All pricing and specifications in this catalog are subject to change without notice.

## 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.

## ORDER TODAY AND SAVE!

### ONLINE

[shop.aap.org/for-parents](http://shop.aap.org/for-parents)

For secure online ordering. Visa, MasterCard, Discover, and AMEX accepted.

### PHONE

888/227-1770

7:30 am to 5:00 pm CT

For bulk orders, call 800/433-9016, ext 6171.  
(630/626-6000 outside the United States and Canada)

### FAX

847/228-1281

Include credit card number or copy of purchase order.



Don't forget, most of our titles are also available as eBooks!

## 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

### ENGLISH

Paperback, September 2020—816 pages

CB0122

Book ISBN 978-1-61002-478-5

eBook ISBN 978-1-61002-481-5

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



### SPANISH

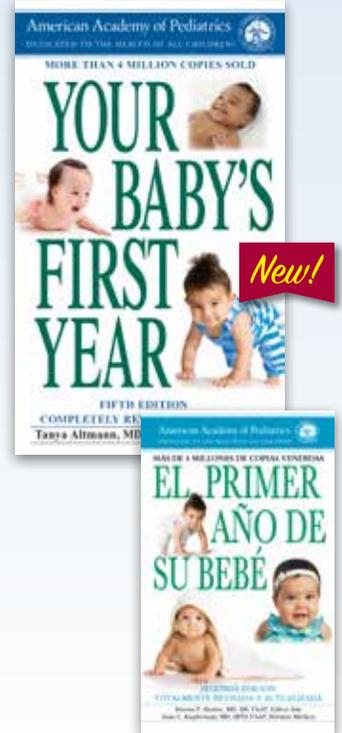
Paperback, 2017—785 pages

CB0101

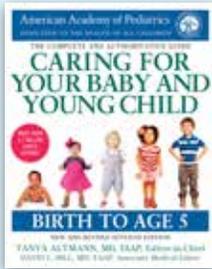
Book ISBN 978-1-61002-080-0

eBook ISBN 978-1-61002-081-7

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



Double the impact of your purchase.



When you buy in bulk from the AAP, you get the best value for your money—**up to 54% off list price!**

And your purchase has twice the reach. You help the family who receives an AAP parenting book and you help children everywhere by funding the advocacy work of the AAP.

## 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 on newborns is now 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
- Normal 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

Paperback, August 2020—391 pages

CB0120

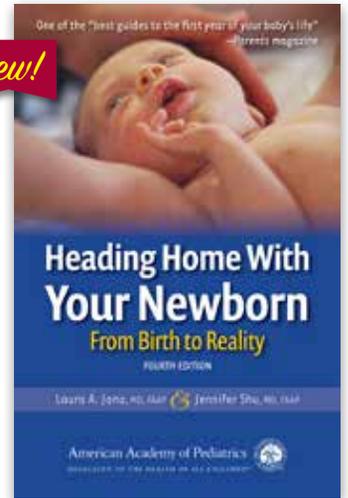
Book ISBN 978-1-61002-424-2

eBook ISBN 978-1-61002-425-9

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



**New!**



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

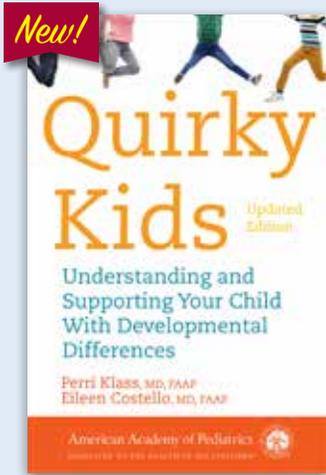
—Library Journal

Also available from Drs Jana and Shu

### Food Fights

*Winning the Nutritional Challenges of Parenthood Armed With Insight, Humor, and a Bottle of Ketchup, 2nd Edition*

CB0067



## Quirky Kids

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

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

This classic, coauthored by *New York Times* columnist and pediatrician Dr Klass, has been fully revised and updated to reflect the recent significant changes in the recognition and care of children whose development doesn't go as expected. It includes new information about therapeutic interventions, managing comorbidities, and getting support for children with developmental differences at school. Additional information included covers community resources and initiatives at hospitals and clinics that make life easier for children with developmental differences and their families. The authors also offer a stronger focus on self-care for parents in this new edition, with the pediatrician's perspective of supporting families as they go through the diagnostic process over time. The latest studies show that 1 in 6 children have a developmental disability of some kind—this guide is for the adults who love them and want to help them make their way in the world.

Paperback, available December 2020—350 pages

CB0119

Book ISBN 978-1-61002-419-8

eBook ISBN 978-1-61002-420-4

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



## 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

Parents concerned about the effects of environmental hazards on their children's health will appreciate this accessible Q&A guide. It provides essential information to help them 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 addressed in addition to the day-to-day risks that children may be exposed to.

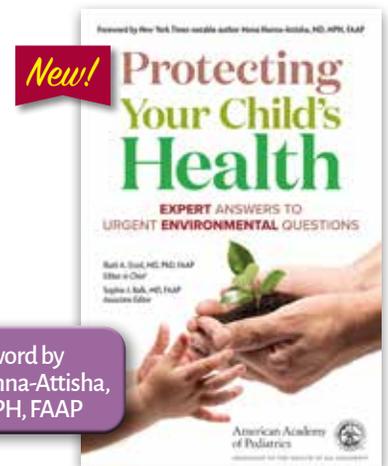
Paperback, September 2020—250 pages

CB0121

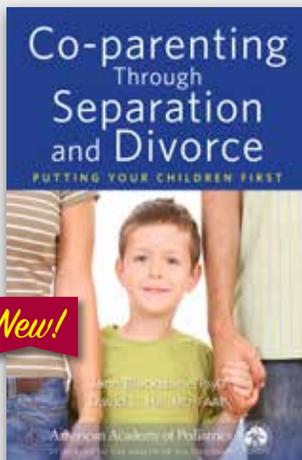
Book ISBN 978-1-61002-437-2

eBook ISBN 978-1-61002-438-9

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



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



## Co-parenting Through Separation and Divorce

Putting Your Children First

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

This guide offers step-by-step guidance for parents to work together to put their children first during separation or divorce. From sharing the news with children in an age-appropriate way to handling the issue of custody and from concerns about affairs or abuse to embarking on remarriage and blending families, Drs Blackstone and Hill offer a road map through one of life's most difficult challenges, with the goal of healthy, happy kids informing every decision along the way.

Paperback, May 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

25–249 Copies—40%\* Savings!  
250–499 Copies—50%\* Savings!

500+ Copies—Call 800/433-9016, ext 6171, or email aapsales@aap.org.  
\*Bulk discounts are taken from the retail price.

## 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. He provides practical solutions to help children develop their organizational abilities and executive function. *Raising an Organized Child* also offers an overview of brain development as it relates to organization from infancy through the teen years and provides appropriate age-based milestones for organizational skills. Dr Korb's advice covers neurotypical children, as well as those with ASD, ADHD, or other conditions, to help all parents bring more order to their children and their lives.

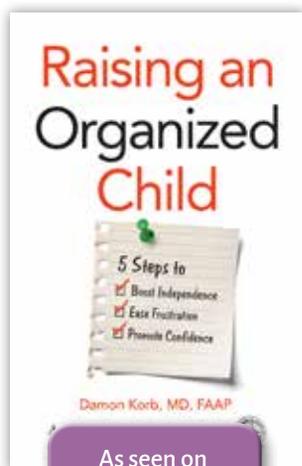
Paperback, 2019—236 pages

CB0112

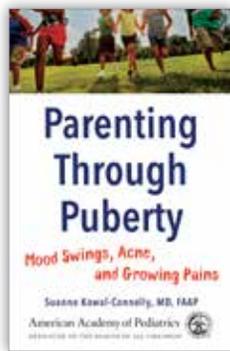
Book ISBN 978-1-61002-282-8

eBook ISBN 978-1-61002-283-5

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



As seen on  
*The TODAY Show!*



## Parenting Through Puberty

Mood Swings, Acne, and Growing Pains

Suanne Kowal-Connelly, MD, FAAP

Parents navigating their child's experiences with puberty will learn about the physical and emotional changes they can expect to see. Dr Kowal-Connelly discusses children's changing bodies, as well as emotional challenges including moodiness, body image, and self-esteem.

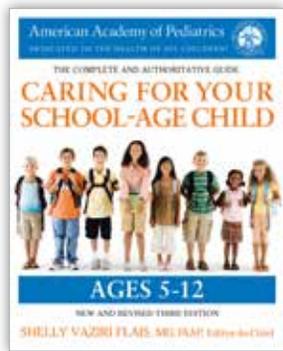
Paperback, 2018—246 pages

CB0107

Book ISBN 978-1-61002-212-5

eBook ISBN 978-1-61002-213-2

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



## 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, 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**



## Building Resilience in Children and Teens

Giving Kids Roots and Wings, 4th Edition

Kenneth R. Ginsburg, MD, MEd, 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, April 2020—393 pages

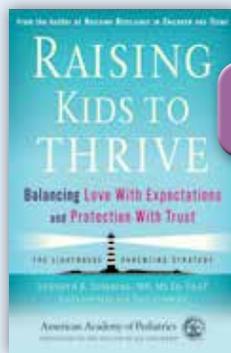
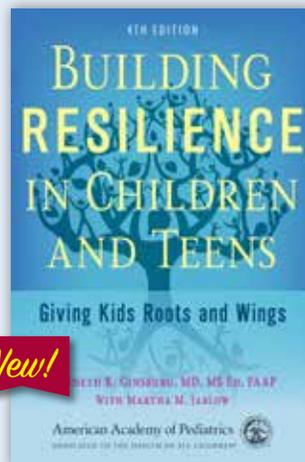
CB0118

Book ISBN 978-1-61002-385-6

eBook ISBN 978-1-61002-386-3

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

**New!**



As seen on *Good Morning America*

## Raising Kids to Thrive

Balancing Love With Expectations and Protection With Trust

Kenneth R. Ginsburg, MD, MEd, FAAP, Ilana Ginsburg, and Talia Ginsburg

Offering essential tips on fostering resilience in teens, this volume helps parents understand how they can balance unconditional love with setting high expectations for their children. Parents will learn to recognize when to set boundaries and when to get out of kids' ways so they can learn lessons firsthand.

Paperback, 2015—275 pages

CB0081

Book ISBN 978-1-58110-867-5

eBook ISBN 978-1-58110-871-2

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





## The New Baby Blueprint

Caring for You and Your Little One

Whitney Casares, MD, MPH, FAAP

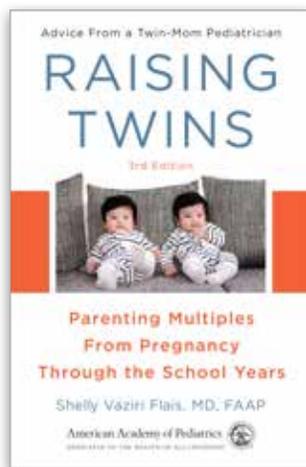
New mothers will find a modern, empathetic guide to the first few days, weeks, and months with a new baby. Pediatrician and mother of 2 young daughters, Dr Casares combines important health and safety information with honest insights from her own parenting experiences. A dual approach to baby and self-care supports new moms through the challenges of meeting their own needs while caring for a new baby. Dr Casares' message is especially relatable for fellow working moms, struggling to win at parenting without losing themselves.

Paperback, February 2020—164 pages  
CB0116

Book ISBN 978-1-61002-375-7

eBook ISBN 978-1-61002-376-4

Price: \$14.95 **Member Price: \$11.95**



## Raising Twins

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

Shelly Vaziri Flais, MD, FAAP

*“Her empowering and confident tone is neighborly and down-to-earth, keeping parents attuned to her if-I-can-do-it-so-can-you attitude.”*

—Publishers Weekly

Pediatrician and twin-mom, Dr Flais, offers expert advice for raising healthy, well-adjusted twins, triplets, and more in this fully revised and updated third edition. 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. The combination of sound medical advice and real-world experience

will give twin-parents the direction and reassurance that they need. This new edition also includes interviews with twins, including astronaut Captain Scott Kelly.

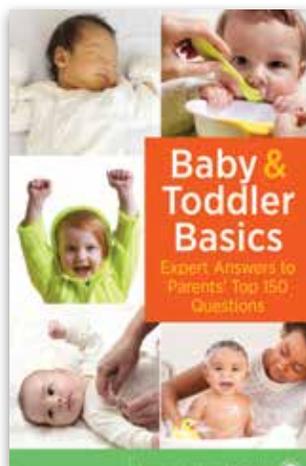
Paperback, 2019—283 pages

CB0113

Book ISBN 978-1-61002-333-7

eBook ISBN 978-1-61002-334-4

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



## Baby and Toddler Basics

Expert Answers to Parents' Top 150 Questions

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 volume. Dr Altmann helps parents with straightforward guidance in an easily digestible Q&A format. Topics covered include

- Breastfeeding
- Developmental stages
- Fever
- First aid and injuries
- General baby care
- Poop
- Safe sleep and sleep challenges
- Stomachaches and illnesses
- Vaccines
- And much more!

Paperback, 2018—286 pages

CB0102

Book ISBN 978-1-61002-126-5

eBook ISBN 978-1-61002-127-2

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



## SAVE at least \$29! New Parent Library

(A \$99 value!)

Includes 6 key titles for new parents!

- 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

CB0106

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



## SAVE more than \$25! New Baby Gift Pack

- Special “Little Star” Picture Frame
- Heading Home With Your Newborn
- Caring for Your Baby and Young Child
- My Child Is Sick!
- Breastfeeding Your Baby
- Your Child's Health Record
- 3-in-1 First Aid, Choking, CPR Chart
- Choosing a Pediatrician
- Your Child's Growth
- Home Safety Checklist
- Car Safety Seat Checkup

CB0049

Price: \$49.95 **Member Price: \$39.95**



25–249 Copies—**40%\* Savings!**  
 250–499 Copies—**50%\* Savings!**

500+ Copies—Call 800/433-9016, ext 6171, or email [aapsales@aap.org](mailto:aapsales@aap.org).  
 \*Bulk discounts are taken from the retail price.

## Caring for Your Baby and Young Child

Birth to Age 5, 7th Edition

American Academy of Pediatrics  
 Editor in chief: Tanya Altmann, MD, FAAP  
 Associate medical editor: David L. Hill, MD, FAAP

**With more than 4.5 million copies in print, our flagship parenting title has shaped the health and well-being of children for more than 25 years!**

The newly revised and updated seventh edition of *Caring for Your Baby and Young Child* reflects current AAP policy statements and guidelines. These are 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—updated rear-facing guidelines!
- 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.

### ENGLISH

Paperback, October 2019—935 pages, 300 illustrations  
 CBO115  
 Book ISBN 978-1-61002-343-6  
 eBook ISBN 978-1-61002-344-3  
 Price: \$24 **Member Price: \$19**

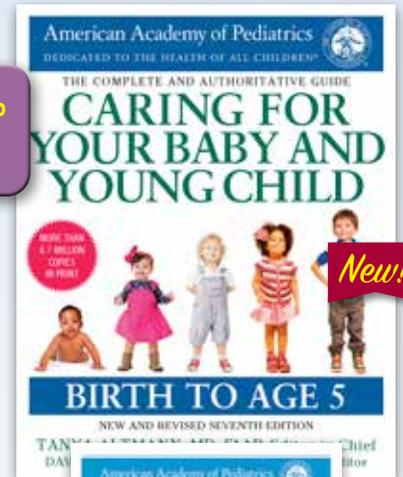


### SPANISH

Paperback, 2016—917 pages, 300 illustrations  
 CBO100  
 Book ISBN 978-1-61002-078-7  
 eBook ISBN 978-1-61002-079-4  
 Price: \$24 **Member Price: \$19**



**Save up to 50%**  
 when you buy  
 multiple copies!



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



## New Mother's Guide to Breastfeeding, 3rd Edition

American Academy of Pediatrics  
 Editor in chief: Joan Younger Meek, MD, MS, RD, FAAP, FABM, IBCLC

New mothers will become more informed about the process and benefits of breastfeeding with this updated resource, designed to help nursing mothers and their babies get the healthiest possible start.

Paperback, 2017—304 pages  
 CBO105  
 ISBN 978-1-61002-160-9  
 Price: \$17 **Member Price: \$14**





# healthychildren.org

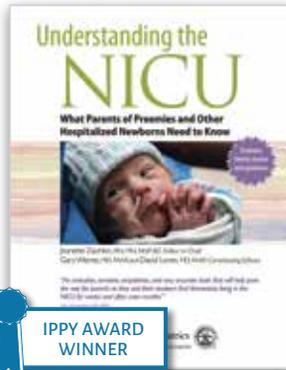
Powered by pediatricians. Trusted by parents.  
 from the American Academy of Pediatrics

**CELEBRATING 10 YEARS**



**The official AAP website for parents—**  
 and the one site you can confidently recommend to the families you serve

For great ideas and tools for letting parents know about HealthyChildren.org, visit [healthychildren.org/spread-the-word](http://healthychildren.org/spread-the-word)



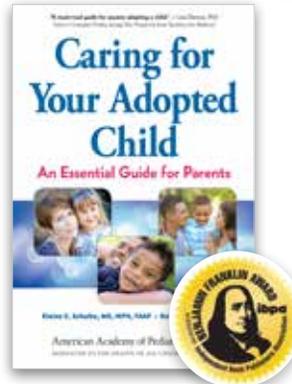
## Understanding the NICU

What Parents of Premies and Other Hospitalized Newborns Need to Know

Editor in chief: *Jeanette Zaichkin, RN, MN, NNP-BC*  
Contributing editors: *Gary Weiner, MD, FAAP, and Davia Loren, MD, FAAP*

This volume guides parents through their NICU journey by addressing equipment, medical problems, feeding, and more. Stories from other NICU parents will bring hope and comfort.

Paperback, 2016—304 pages  
CBO098  
Book ISBN 978-1-61002-048-0  
eBook ISBN 978-1-61002-049-7  
Price: \$16.95 **Member Price: \$13.95**



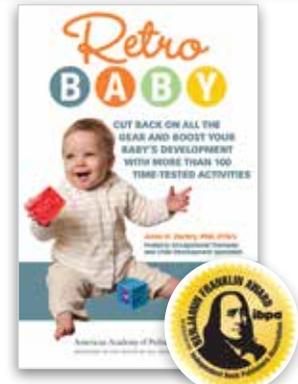
## Caring for Your Adopted Child

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**



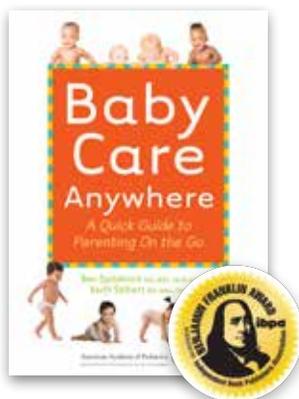
## Retro Baby

Cut Back on All the Gear and Boost Your Baby's Development With More Than 100 Time-tested Activities

*Anne H. Zachry, PhD, OTR/L*

Babies will spend less time in swings and bouncers and more time exploring the world with *Retro Baby*. Dr Zachry describes how overuse of baby gear can hinder development and offers suggestions for fun, low-tech activities to replace electronic baby toys and equipment.

Paperback, 2013—190 pages  
CBO074  
Book ISBN 978-1-58110-811-8  
eBook ISBN 978-1-58110-831-6  
Price: \$16.95 **Member Price: \$13.95**



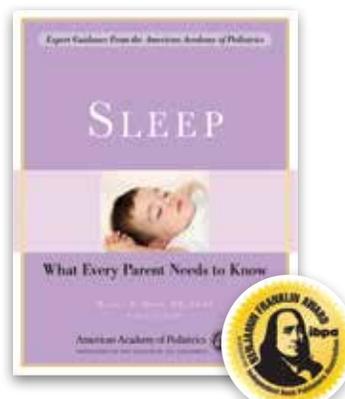
## Baby Care Anywhere

A Quick Guide to Parenting On the Go

*Ben Spitalnick, MD, MBA, FAAP, and Keith Seibert, MD, MBA, FAAP*

Parents will be comforted by having the wisdom of a pediatrician readily at hand with *Baby Care Anywhere*. This pocket guide addresses 150 of new parents' most frequent concerns.

Paperback, 2015—246 pages  
CBO085  
Book ISBN 978-1-58110-896-5  
eBook ISBN 978-1-58110-897-2  
Price: \$12.95 **Member Price: \$9.95**



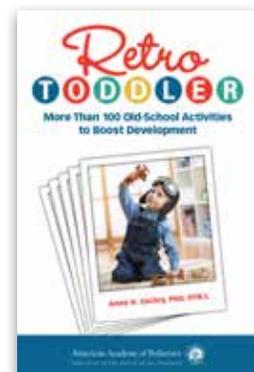
## Sleep

What Every Parent Needs to Know

*American Academy of Pediatrics*  
Editor in chief: *Rachel Y. Moon, MD, FAAP*

Parents of babies, toddlers, children, and adolescents will find answers to sleep challenges in this comprehensive volume. The AAP addresses such issues as sleep safety, bedtime routines, nightmares, and bedwetting with the reassuring confidence and authority of expert pediatricians.

Paperback, 2013—219 pages  
CBO073  
Book ISBN 978-1-58110-781-4  
eBook ISBN 978-1-58110-806-4  
Price: \$16.95 **Member Price: \$13.95**



## Retro Toddler

More Than 100 Old-School Activities to Boost Development

*Anne H. Zachry, PhD, OTR/L*

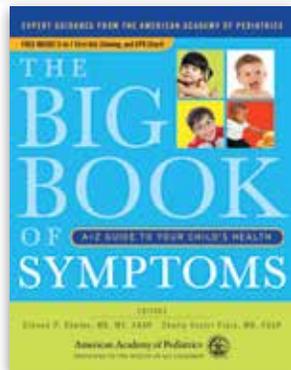
Parents will learn about brain development and the importance of daily active play. Dr Zachry offers more than 100 activities to promote language, motor, and social skills. Parents will also learn how to foster grit and self-control in toddlers.

Paperback, 2018—219 pages  
CBO104  
Book ISBN 978-1-61002-157-9  
eBook ISBN 978-1-61002-158-6  
Price: \$16.95 **Member Price: \$13.95**



25–249 Copies—40%\* Savings!  
250–499 Copies—50%\* Savings!

500+ Copies—Call 800/433-9016, ext 6171, or email aapsales@aap.org.  
\*Bulk discounts are taken from the retail price.



## The Big Book of Symptoms

A–Z Guide to Your Child's Health

American Academy of Pediatrics

Editors: Steven P. Shelov, MD, MS, FAAP, and Shelly Vaziri Flais, MD, FAAP

Parents will find clear answers to their child health concerns with *The Big Book of Symptoms*. It features a straightforward directory of the most common childhood symptoms, with the possible cause and next steps. An illustrated first aid manual and safety guide round out this resource.

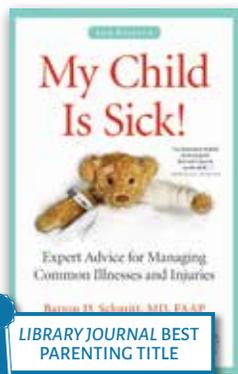
Paperback, 2014—260 pages

CB0076

Book ISBN 978-1-58110-840-8

eBook ISBN 978-1-58110-833-0

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



LIBRARY JOURNAL BEST PARENTING TITLE

## My Child Is Sick!

Expert Advice for Managing Common Illnesses and Injuries, 2nd Edition

Barton D. Schmitt, MD, FAAP

Prevent unnecessary calls to your office when you share the wisdom of *My Child Is Sick!* with your parents. Dr Schmitt's proven guidelines will help parents figure out whether to treat their child at home, call the doctor, or head to the emergency department.

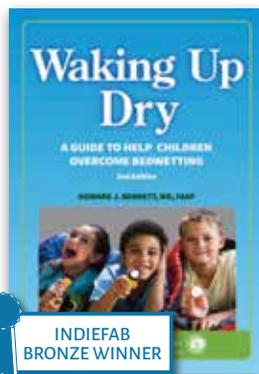
Paperback, 2016—426 pages

CB0097

Book ISBN 978-1-58110-988-7

eBook ISBN 978-1-58110-989-4

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



INDIEFAB BRONZE WINNER

## Waking Up Dry

A Guide to Help Children Overcome Bedwetting, 2nd Edition

Howard J. Bennett, MD, FAAP

Designed for parents and children to use together, *Waking Up Dry* includes instruction on behavior management techniques, calendars, contracts, and bedwetting alarms, as well as practical tips and easy-to-follow activities, all designed to lead to dry mornings.

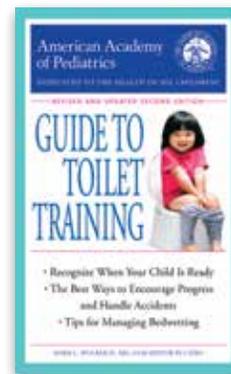
Paperback, 2015—241 pages

CB0087

Book ISBN 978-1-58110-906-1

eBook ISBN 978-1-58110-907-8

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.

Paperback, 2016—224 pages

CB0099

ISBN 978-1-61002-062-6

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

## 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.

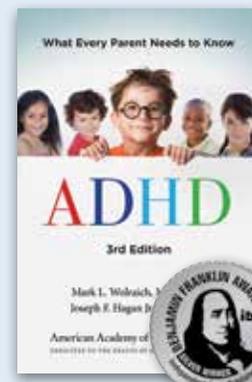
Paperback, 2019—342 pages

CB0110

Book ISBN 978-1-61002-264-4

eBook ISBN 978-1-61002-265-1

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



## 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.

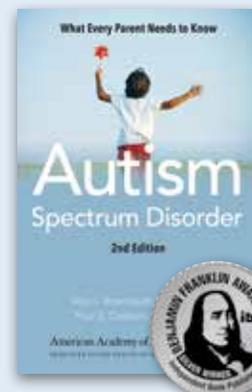
Paperback, 2019—342 pages

CB0111

Book ISBN 978-1-61002-269-9

eBook ISBN 978-1-61002-270-5

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



Empower parents and reduce unnecessary calls to your office with AAP parenting titles!

25–249 Copies—40%\* Savings! · 250–499 Copies—50%\* Savings!

500+ Copies—Call 800/433-9016, ext 6171, or email aapsales@aap.org.

\*Bulk discounts are taken from the retail price.

## 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. At the end of 30 days, parents and children will have laid the groundwork to continue a lifetime of healthy habits.

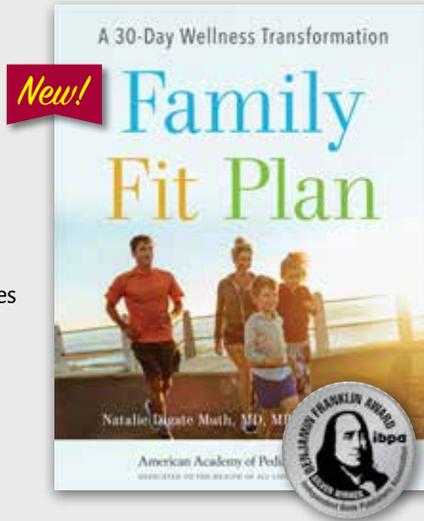
Paperback, October 2019—220 pages

CB0114

Book ISBN 978-1-61002-338-2

eBook ISBN 978-1-61002-339-9

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



## 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.

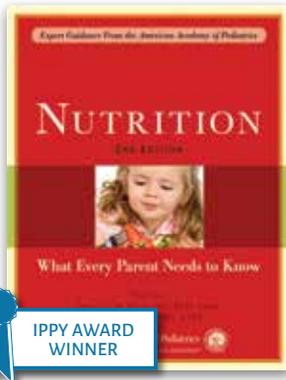
Paperback, 2016—227 pages

CB0096

Book ISBN 978-1-58110-981-8

eBook ISBN 978-1-58110-982-5

Price: \$19.95 **Member Price: \$15.95**



## Nutrition

What Every Parent Needs to Know, 2nd Edition

American Academy of Pediatrics

Editors: William H. Dietz, MD, PhD, FAAP, and Lorraine Stern, MD, FAAP

Parents will have the necessary information and strategies to meet the dietary needs of their children from birth through adolescence with the help of this guide. It addresses standards of weight and height, eating disorders, special dietary needs, alternative diets, allergies, and concerns over food safety.

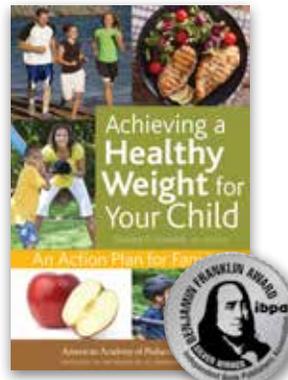
Paperback, 2011—384 pages

CB0055

Book ISBN 978-1-58110-321-2

eBook ISBN 978-1-58110-631-2

Price: \$12.95 **Member Price: \$9.95**



## Achieving a Healthy Weight for Your Child

An Action Plan for Families

Sandra G. Hassink, MD, MS, FAAP

Help children with weight concerns by giving parents clear-cut information on nutrition and fitness. Dr Hassink's plan offers sensible nutrition guidelines, specific suggestions for encouraging children to be more physically active, and guidance for dealing with emotional turmoil, setbacks, and detours along the way.

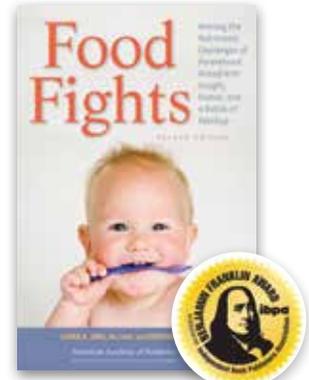
Paperback, 2018—286 pages

CB0103

Book ISBN 978-1-61002-154-8

eBook ISBN 978-1-61002-155-5

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



## Food Fights

Winning the Nutritional Challenges of Parenthood Armed With Insight, Humor, and a Bottle of Ketchup, 2nd Edition

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

Dinner will have more vegetables and less drama with the help of *Food Fights*. Drs Jana and Shu provide guidance on topics such as healthy eating and childhood obesity and offer troubleshooting tips on problems such as whining, food throwing, and picky eating.

Paperback, 2012—346 pages

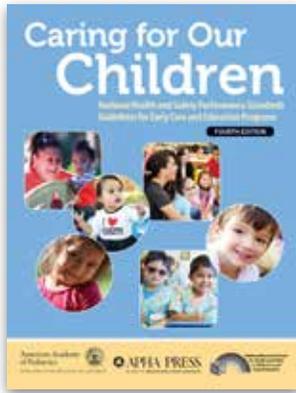
CB0067

Book ISBN 978-1-58110-585-8

eBook ISBN 978-1-58110-666-4

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





**5-Star Review**

—Doody's Book Reviews™ of 4th Edition

## Caring for Our Children

National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, 4th Edition

A Joint Collaborative Project of the American Academy of Pediatrics, the American Public Health Association, and the National Resource Center for Health and Safety in Child Care and Early Education

Significantly revised and updated, the fourth edition features 10 chapters of more than 650 standards and dozens of appendixes with valuable supplemental information, forms, and tools.

Paperback, 2019—598 pages  
MA0908  
Book ISBN 978-1-61002-297-2  
eBook ISBN 978-1-61002-298-9  
Price: \$66.95 **Member Price: \$53.95**

A different bulk discount schedule applies to the books on this page. Visit [shop.aap.org/childcare](http://shop.aap.org/childcare) to learn more.

## Managing Behavioral Issues in Child Care and Schools

A Quick Reference Guide

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

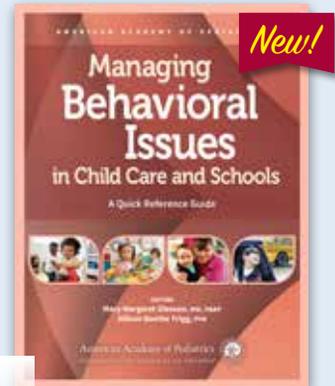
This new guide provides child care directors, teachers, and caregivers with essential information on managing emotional and behavioral issues in group care settings. The topics covered include social-emotional development, biting, post-traumatic stress disorder, gender development, and more. In addition to common behavioral issues, the topics of epigenetics, medications, toxic stress, and adverse childhood experiences are discussed. This practical tool also includes 25 quick reference sheets on the most common issues, ready-to-use forms, and case studies of difficult situations.

Spiral-bound, April 2020—247 pages  
MA0950  
Book ISBN 978-1-61002-370-2  
eBook ISBN 978-1-61002-371-9  
Price: \$59.95 **Member Price: \$47.95**



**4-Star Review**

—Doody's Book Reviews™



## Managing Infectious Diseases in Child Care and Schools

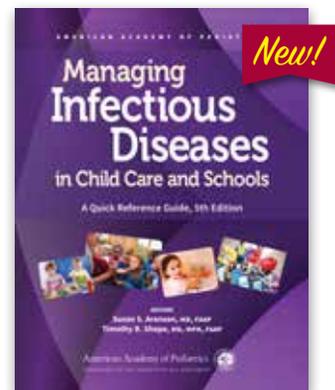
A Quick Reference Guide, 5th Edition

Editors: Susan S. Aronson, MD, FAAP, and Timothy R. Shope, MD, MPH, FAAP

This award-winning guide provides child care directors, teachers, and caregivers with essential information on the prevention and management of infectious diseases in group care settings. The newly revised and updated fifth edition is aligned with the most recent version of *Red Book*®.

The more than 55 quick reference fact sheets on common infectious diseases and symptoms now include a sheet on croup. In addition, the forms have been updated to align with *Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs*, 4th Edition, and there is a new form, Infections Caused by Interactions of Humans With Pets and Wild Animals.

Spiral-bound, October 2019—253 pages  
MA0933  
Book ISBN 978-1-61002-348-1  
eBook ISBN 978-1-61002-349-8  
Price: \$59.95 **Member Price: \$47.95**



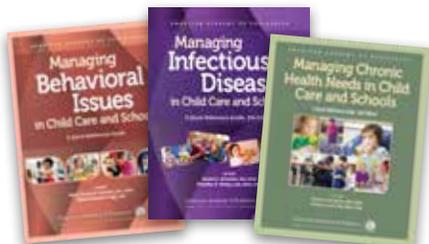
**4-Star Review**

—Doody's Book Reviews™ of 4th Edition

**SAVE \$20!**

### Essential Child Care Package

MA0985  
Price: ~~\$179.85~~ **\$159.85**  
**Member Price: \$143.85 \$123.85**



## 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

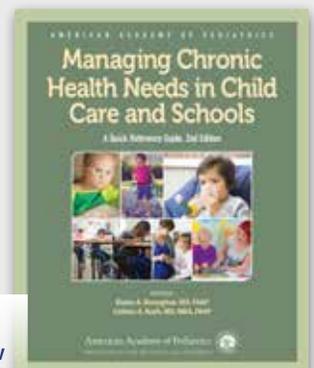
This resource helps teachers and caregivers address the challenges of caring for children with chronic health conditions and special health care needs in child care and school settings. More than **50 quick reference sheets** provide school staff and caregivers with guidance on how to help at a glance. New quick reference sheets cover eczema, fetal alcohol spectrum disorder, food allergies, developmental delay, childhood obesity, and more.

Spiral-bound, 2018—281 pages  
MA0865  
Book ISBN 978-1-61002-175-3  
eBook ISBN 978-1-61002-176-0  
Price: \$59.95 **Member Price: \$47.95**



**4-Star Review**

—Doody's Book Reviews™



**BEST SELLER!****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. Learning the facts about ASD will help parents partner with care providers to develop a plan for their child.

Sold in packs of 10 booklets—33 pages  
English HE0413 · Spanish HE0526  
Price: \$40 **Member Price: \$35**

**Understanding Anxiety Disorders in Children**

This new booklet helps parents learn about anxiety disorders, which are increasingly diagnosed in children.

It addresses the difference between anxiety and an anxiety disorder, causes of anxiety disorders, common anxiety disorders, signs and symptoms, diagnoses and treatment, and ways parents can help their children. Also included are frequently asked questions and a section on additional resources.

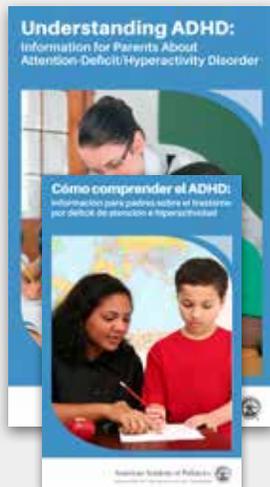
Sold in packs of 10 booklets—21 pages  
HE0550  
Price: \$40 **Member Price: \$35**

**BEST SELLER!****Understanding ADHD**

Information for Parents About Attention-Deficit/Hyperactivity Disorder

This best-selling booklet addresses parents' concerns about ADHD. The topics covered include defining ADHD, diagnosis, related conditions, treatment strategies and medication, partnering with schools, and more. Parents who are informed about ADHD can be stronger advocates for their children.

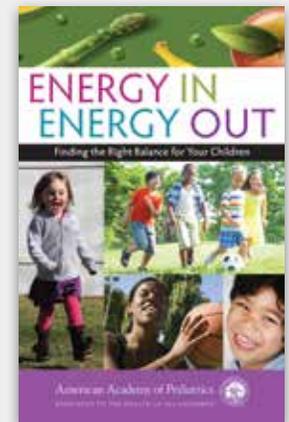
Sold in packs of 50 booklets—21 pages  
English HE0169 · Spanish HE50377  
Price: \$40 **Member Price: \$35**

**Energy In, Energy Out**

Finding the Right Balance for Your Children

This booklet provides tools and resources to help parents and children find the right energy balance—eating well and being physically active—to lead a healthy life.

Sold in packs of 50 booklets—13 pages  
HE50536  
Price: \$40 **Member Price: \$35**

**BEST SELLER!****Breastfeeding Your Baby**

Answers to Common Questions

New moms will find important guidance in this booklet. It provides clear, practical information on the benefits and methods of breastfeeding. The topics covered include

- The benefits for mother and child
- Preparing for the first feeding
- Important facts about medications, illnesses, and other special situations
- Continuing breastfeeding after returning to work
- Breast milk expression and storage
- Weaning the baby from the breast

This booklet also includes helpful illustrations depicting holds and latches.

Sold in packs of 50 booklets—27 pages  
English HE0261 · Spanish HE0261-SP  
Price: \$40 **Member Price: \$35**

**Newborn Care**

A Guide for Parents and Caregivers

This clear and concise booklet offers parents and other caregivers essential guidance for the first 3 months of their baby's life. It covers basic baby care and health care topics. 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.

Sold in packs of 10 booklets—31 pages  
HE0542  
Price: \$40 **Member Price: \$35**

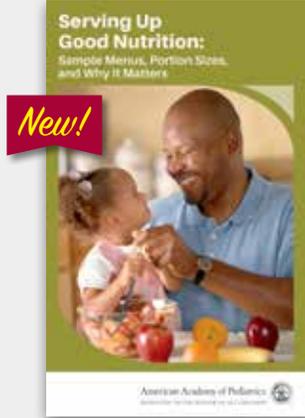


## Serving Up Good Nutrition

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.

Sold in packs of 10 booklets—21 pages  
HE0565  
Price: \$40 **Member Price: \$35**



## Understanding Depression in Children and Adolescents

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

Sold in packs of 10 booklets—21 pages  
Available February 2021  
HE0582  
Price: \$40 **Member Price: \$35**



## Childhood Asthma

Parents will learn about their child's condition and how to manage it with this focused booklet. It offers an examination of signs, symptoms, and diagnosis; guidance on avoiding triggers; an overview of treatments and asthma medication; and tips on managing asthma at home, in school, and when their child is out and about.

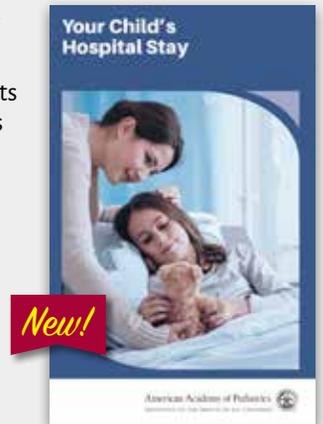
Sold in packs of 10 booklets—21 pages  
HE0548  
Price: \$40 **Member Price: \$35**



## Your Child's Hospital Stay

Offering concrete and reassuring guidance, this booklet will help parents be better prepared if their child needs to be hospitalized. It covers who's who at the hospital, anesthesia and pain medicine, preventing infection, returning home, and more. A helpful glossary of common hospital medical terms is included.

Sold in packs of 10 booklets—21 pages  
HE0567  
Price: \$40 **Member Price: \$35**



## Choosing Quality Child Care

What's Best for Your Family?

This booklet covers choosing the right type of child care, reviewing the family budget, and helping children adjust. It also includes checklists to use when a family is considering in-home care, family care, or a child care center.

Sold in packs of 10 booklets—21 pages  
HE0556  
Price: \$40 **Member Price: \$35**



## 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 such topics as identifying abnormal stools, constipation, diarrhea, and when to call the pediatrician.

Parents will be reassured by these straightforward answers to a topic that often offers important clues to their child's health.

Sold in packs of 10 booklets—21 pages  
HE0557  
Price: \$40 **Member Price: \$35**



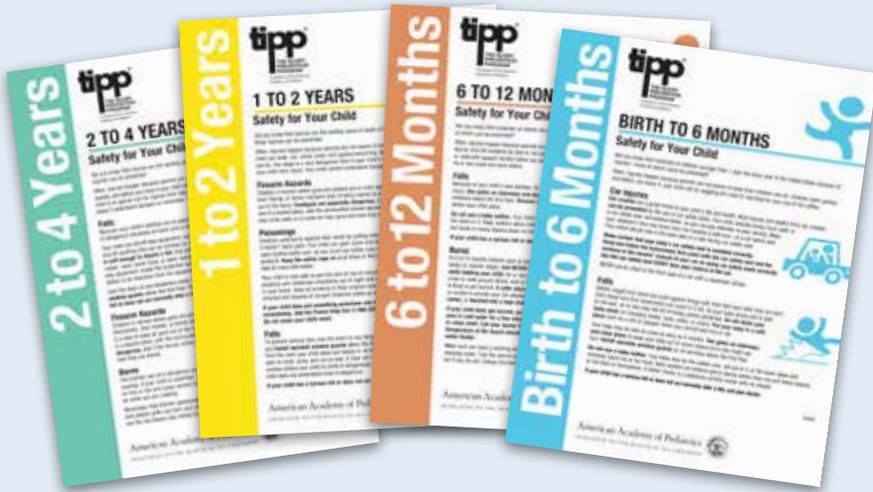
**BUY MORE & SAVE!**

**PATIENT EDUCATION BOOKLETS**

**SAVE 10%** when you purchase 2–9 packs!      **SAVE 20%** when you purchase 10+ packs!

Price: \$36 **Member Price: \$31.50**      Price: \$32 **Member Price: \$28**

(For quantities of 50+ call for pricing: 800/433-9016, ext 6171.)



This program helps parents prevent common childhood injuries from birth through age 10 years. Handouts cover topics such as car safety seats, fire prevention, first aid, poison prevention, and water safety.

**Safety Sheets**

In-depth, age-specific information on common injuries in simple, easy-to-understand terms

Sold in packs of 100  
8½" x 11" sheets  
Price: \$24.95 **Member Price: \$19.95**

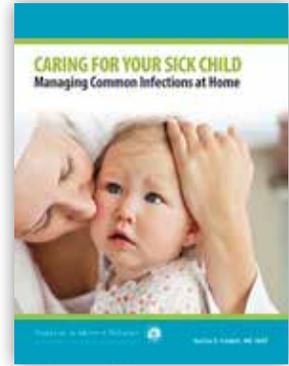
- |                                      |                             |
|--------------------------------------|-----------------------------|
| <b>Birth to 6 Months</b><br>HE0021-A | <b>5 Years</b><br>HE0064-A  |
| <b>6 to 12 Months</b><br>HE0021-B    | <b>6 Years</b><br>HE0064-B  |
| <b>1 to 2 Years</b><br>HE0021-C      | <b>8 Years</b><br>HE0064-C  |
| <b>2 to 4 Years</b><br>HE0021-D      | <b>10 Years</b><br>HE0064-D |

**SAVE up to \$39!**

**TIPP Safety Sheet Package**

Includes 100 copies each of all 8 safety sheets

HE0541  
Price: \$159.95 **Member Price: \$129.95**



**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.

Sold in packs of 10—28 pages  
HE0539  
Price: \$49.95 **Member Price: \$44.95**

**BUY MORE & SAVE!**

**SAVE 10%** when you purchase 2–9 packs.  
Price: \$44.96 **Member Price: \$40.46**

**SAVE 20%** when you purchase 10+ packs.  
Price: \$39.96 **Member Price: \$35.96**

*(For quantities of 50+ call for pricing: 800/433-9016, ext 6171.)*

**Bright Futures Parent Handouts**

*for the 3 to 5 days–2 years well-child visits!*

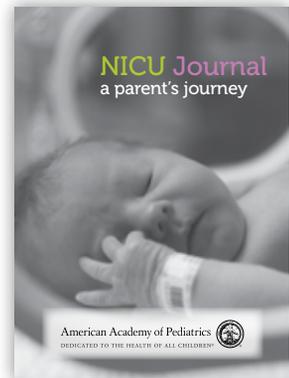


**SAVE 10%!**

**Bright Futures Parent Handouts Package**

Includes 100 copies of each of the Bright Futures well-child visit parent handouts: First Week Visit–2 Year Visit

BF0059  
Price: ~~\$249.50~~ **\$224**  
**Member Price: \$199.50 \$179**



**NICU Journal**  
A Parent's Journey

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.

Sold in packs of 5 journals—130 pages  
HE0543  
ISBN 978-1-61002-129-6  
Price: \$69.95 **Member Price: \$64.95**



## Car Safety Seat Checkup

Easy-to-use checklist for infant, convertible, or booster car safety seat users

Sold in pads of 100 sheets—8½" x 11"  
HE0276  
Price: \$19.95 **Member Price: \$16.95**

## Home Safety Checklist

Enables parents to identify potential safety risks inside and outdoors

Sold in pads of 100 sheets—8½" x 11"  
HE0273  
Price: \$19.95 **Member Price: \$16.95**

### BUY MORE & SAVE!

PATIENT EDUCATION FACT SHEETS

**SAVE 10%** when you purchase 2–9 assorted pads of 100.

Price: \$17.96 **Member Price: \$15.26**

**SAVE 20%** when you purchase 10–49 assorted pads of 100.

Price: \$15.96 **Member Price: \$13.56**

Call 800/433-9016, ext 6171, for pricing 50+ pads.

## Car Safety Seats

2020 Guide for Families

*Car Safety Seats: Guide for Families* helps parents make informed decisions about car safety seat selection and use. The 2020 edition features updated guidelines from the AAP for rear-facing riders. Included in this 49-page, annually updated brochure is information on the various types of car safety seats (installation tips and common questions), LATCH attachment system, airbags, and lap and shoulder seat belts, plus feature comparisons of more than 225 car safety seats, belt-positioning booster seats, and travel vests!

Sold in packs of 50—49 pages  
HE50275-20  
Price: \$29 **Member Price: \$26**

**Car Safety Seats:**  
2020 Guide for Families

**New!**



American Academy of Pediatrics  
1000 G ST, NW, WASHINGTON, DC 20007

### BUY MORE & SAVE!

CAR SAFETY SEATS BROCHURE

**SAVE 10%** when you purchase 2–9 packs of 50.

Price: \$26.10 **Member Price: \$23.40**

**SAVE 20%** when you purchase 10–49 packs of 50.

Price: \$23.20 **Member Price: \$20.80**

Call 800/433-9016, ext 6171, for pricing 50+ packs.

## 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. 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.

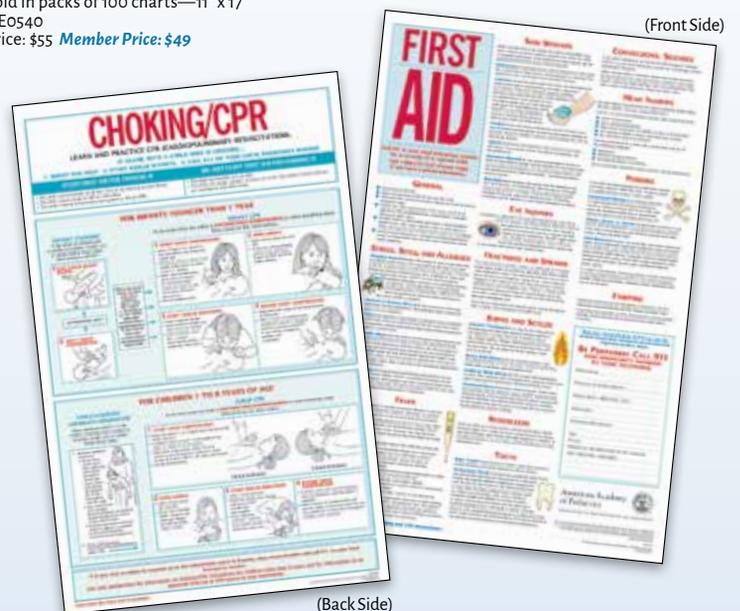
Sold in packs of 100 charts—11" x 17"  
HE0540  
Price: \$55 **Member Price: \$49**

## Infant CPR Anytime®

Anyone caring for an infant can learn the lifesaving basics of infant CPR and choking relief with this updated, bilingual (English and Spanish) kit.

Published by the American Heart Association and Laerdal

English & Spanish DVD, 2017  
MA0864  
ISBN 978-1-61669-413-5  
Price: \$38.95





This best-selling brochure helps parents track developmental milestones of infants and children up to 6 years of age. It aligns with Bright Futures well-child visits.

**BEST SELLER!**



HE50057



HE50202



HE50368



HE50097



HE50096



HE50085



HE50380



HE50095



HE50233



HE50074



HE50094



HE50553

**BUY MORE & SAVE!**

**PATIENT EDUCATION BROCHURES**  
 Price: \$25 **Member Price: \$22** (All titles sold in packs of 50 brochures.)

---

**SAVE 10%**  
 when you purchase 2–9 assorted brochure packs of 50!  
 Price: \$22.50 **Member Price: \$19.80**

**SAVE 20%**  
 when you purchase 10+ assorted brochure packs of 50!  
 Price: \$20 **Member Price: \$17.60**  
 (For quantities of 50+ call for pricing: 800/433-9016, ext 6171.)

**Back to Sleep, Tummy to Play**

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN

HE50476

**Choosing a Pediatrician**

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN

HE50027

**Circumcision:**  
Information for Parents

**BEST SELLER!**

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN

HE50175

This brochure offers guidance to help ease the transition for the whole family. It includes information broken down by age-group on how to help older children prepare for the new baby and adjust after the baby's arrival.

**Welcoming a New Sibling:**  
How to Help Your Child Adjust

*New!*

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN

HE50566

**Crying and Your Baby:**  
How to Calm a Fussy or Colicky Baby

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN

HE50472

**Diaper Rash and Your Baby**

**BEST SELLER!**

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN

HE50051

**Hepatitis B Vaccine:**  
What Parents Need to Know

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN

HE50120

**How to Prevent Shaken Baby Syndrome and Other Forms of Abusive Head Trauma**

**BEST SELLER!**

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN

HE50347

**Jaundice and Your Newborn**

**BEST SELLER!**

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN

HE50182

**Respiratory Syncytial Virus (RSV)**

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN

HE50345

**Safe Sleep and Your Baby:**  
How Parents Can Reduce the Risk of SIDS and Suffocation

**BEST SELLER!**

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN

HE50515

**Starting Solid Foods**

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN

HE50234

**Teething**

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN

HE50551



HE50529

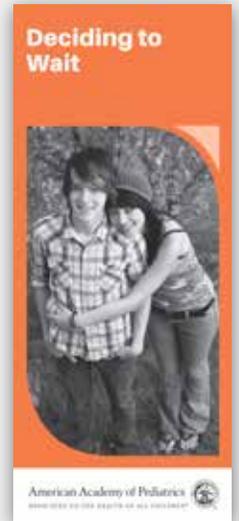
Even when times aren't ideal, it's helpful to keep AAP guidelines for screen and technology use in mind. This brochure is a good overview and refresher.



HE50087



HE50324



HE50128



HE50258



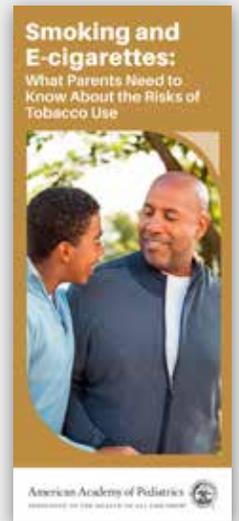
HE50055



HE50208



HE50165



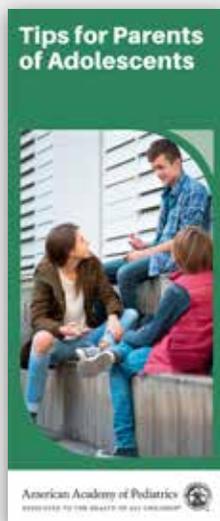
HE50561



HE50046



HE50071



HE50176

**Need a digital solution?**  
 AAP patient education materials are also available online!  
*See page 21 for details.*



HE50528



HE50419



HE50168



HE50568

This brochure features safety tips for families with cats and dogs, as well as babies or young children. It includes information on bringing a new baby into a home with pets.

**New!**

**BUY MORE & SAVE!**

**PATIENT EDUCATION BROCHURES**  
 Price: \$25 **Member Price: \$22** (All titles sold in packs of 50 brochures)

**SAVE 10%**  
 when you purchase 2–9 assorted brochure packs of 50!  
 Price: \$22.50 **Member Price: \$19.80**

**SAVE 20%**  
 when you purchase 10+ assorted brochure packs of 50!  
 Price: \$20 **Member Price: \$17.60**  
 (For quantities of 50+ call for pricing: 800/433-9016, ext 6171.)



HE50181



HE50552



HE50411



HE50198

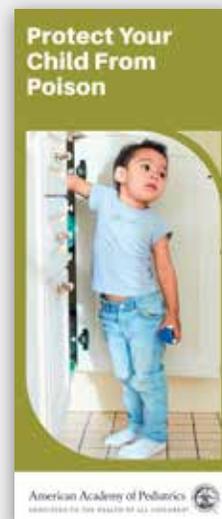


HE50558

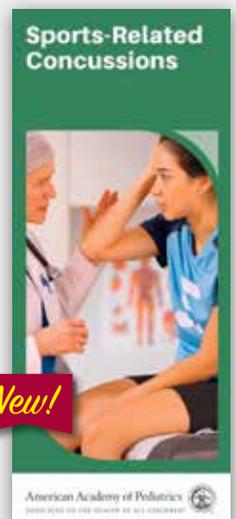


HE50574

**New!**



HE50237



HE50575

**New!**

### Antibiotics Aren't Always Needed



American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN

HE50555

This brochure helps parents understand why you may not be prescribing antibiotics for their child. It addresses the difference between a bacterial infection and a viral one, along with a discussion of side effects and antibiotic resistance.

### Allergies in Children



American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN

HE50106

### Bronchiolitis and Your Young Child



American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN

HE50235

### Common Childhood Infections



American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN

HE50209

### Constipation and Your Child



**BEST SELLER!**

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN

HE50408

### Diarrhea and Your Child



American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN

HE50195

### Eczema (Atopic Dermatitis) and Your Child



American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN

HE50455

### Fever and Your Child



**BEST SELLER!**

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN

HE50318

### Immunizations: What You Need to Know



American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN

HE50371

### A Parent's Guide to Head Lice



American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN

HE50365

### Pinkeye and Your Child



American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN

HE50549

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



American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN

HE50544

## BUY MORE & SAVE!

### PATIENT EDUCATION BROCHURES

Price: \$25 **Member Price: \$22** (All titles sold in packs of 50 brochures.)

**SAVE 10%**  
when you purchase 2–9 assorted brochure packs of 50!

Price: \$22.50 **Member Price: \$19.80**

**SAVE 20%**  
when you purchase 10+ assorted brochure packs of 50!

Price: \$20 **Member Price: \$17.60**

(For quantities of 50+ call for pricing: 800/433-9016, ext 6171.)



# Pediatric Patient Education™

Expert advice from the  
American Academy  
of Pediatrics



Includes more than  
800 pediatric health  
care handouts

AVAILABLE IN  
FALL 2020

Ten patient education handouts on topics like safe sleep, fever, and solid foods translated into 12 languages including Chinese (Mandarin), Arabic, Vietnamese, French, Korean, Russian, Bengali, Polish, Somali, Haitian Creole, Hmong, and Portuguese

#### Instant access to trusted patient education!

*Pediatric Patient Education* includes **more than 800 pediatric health care handouts** (including 300+ in Spanish). This comprehensive resource covers topics and well-child visits from birth through young adulthood. All handouts are customizable and can be emailed to parents or printed as needed. This rich content features must-have collections such as

- **New!** COVID-19–related patient handouts including 2019 *Novel Coronavirus*, *Social Distancing*, *Teens & COVID-19*, and *Tips for Coping with a New Baby During COVID-19*
- Schmitt Pediatric Care Advice patient education collection of more than 280 symptom- and diagnosis-based handouts from leading telehealth expert, Barton D. Schmitt, MD, FAAP
- Connected Kids (violence prevention)
- **New!** Bright Futures parent and patient handouts
- *Managing Behavioral Issues in Child Care and Schools*
- *Managing Chronic Health Needs in Child Care and Schools*
- *Managing Infectious Diseases in Child Care and Schools*
- TIPP®—The Injury Prevention Program

*“Giving parents access to Pediatric Patient Education via our website is a fantastic service. It provides the most current information about health topics for our patients and takes the need to constantly research and update information out of our hands. It’s great to partner with a trusted organization like the AAP.”*

—Meg Buchanan  
Project Manager, Town & Country Pediatrics, South Carolina

### DON'T WAIT—SUBSCRIBE TODAY!

FOR INDIVIDUAL (SINGLE-USER) ITEM #: ONPE

Annual Subscription

Price: \$325 **Member Price: \$260**

#### INSTITUTIONAL AND GROUP PRACTICE LICENSING

**PROVIDE ANYTIME, ANYWHERE ACCESS  
for all staff members and SAVE!**

To learn more about practice or institutional site licenses, email [institutions@aap.org](mailto:institutions@aap.org).

### More than 350 handouts tagged!

EHR systems can search for the most used *Pediatric Patient Education* handouts by ICD-10-CM or CPT® code.

Visit today! [patiented.solutions.aap.org](http://patiented.solutions.aap.org)



# Pediatric Care Online™

*Pediatric Care Online* provides instant access to the most essential resources in pediatrics today.



*Pediatric Care Online* bundles all the essential tools you rely on every day into one subscription with one simple log-in. It's a 4-in-1 resource including all the content from **Red Book® Online**, **Pediatric Patient Education™**, and the **AAP toolkits** sites.

• **AAP toolkits**—Including Bright Futures, ADHD, and autism.

**Coming soon**—mental health.

• **Pediatric Patient Education**—More than 800 symptom-, diagnosis-, and disease-based handouts, including the Schmitt Pediatric Care Advice collection.

**New! COVID-19—RELATED PATIENT HANDOUTS** including 2019 *Novel Coronavirus*, *Social Distancing*, *Teens & COVID-19*, and *Tips for Coping with a New Baby During COVID-19*

**Coming soon!** Ten key handouts translated into 12 languages including Chinese (Mandarin), Arabic, and Vietnamese.

• **Red Book Online**—Keep current with updates on COVID-19 guidance and other infectious disease developments, practice state-of-the-art prevention, and simplify diagnosis and disease management.

• **Point-of-Care Quick Reference**—Indispensable AAP information on 250+ topics streamlined for fast answers and continually updated.

• **AAP Textbook of Pediatric Care, 2nd Edition**—375 chapters of expert guidance to diagnose, treat, and manage pediatric illnesses.

• **Clinical practice guidelines, policies, and reports**—The latest AAP recommendations on vaccine schedules, developmental screening, and more.

• **Visual Library**—Quickly search 3,000+ images for faster diagnosis.

• **Tools**—Algorithms, clinical calculators, and forms and tools.

• **Webinars available on key topics** including Identification, Evaluation, and Management of Children with Autism Spectrum Disorder; Making Bright Futures Work! How Evidence, the Periodicity Schedule, and the Bright Futures Guidelines Impact Practice; and many more.

• **Common Pediatric Medical Procedures**—Video series features the 19 Common Pediatric Procedural Skills required by the ACCME.

## DON'T WAIT—SUBSCRIBE TODAY!

FOR INDIVIDUAL (SINGLE-USER) ITEM #: PCO

**Annual Subscription**

1 y \$345 **Member Price: \$275**

2 y \$620 **Member Price: \$490 SAVE 10%!**

## INSTITUTIONAL AND GROUP PRACTICE LICENSING

**PROVIDE ANYTIME, ANYWHERE ACCESS**  
for all staff members and **SAVE!**

To learn more about practice or institutional site licenses, email [institutions@aap.org](mailto:institutions@aap.org).



The American Academy of Pediatrics is the exclusive owner of the *Pediatric Care Online™* website and content. Mead Johnson Nutrition has no control over or responsibility for the *Pediatric Care Online™* website or content.

Visit today! [pediatriccare.solutions.aap.org](http://pediatriccare.solutions.aap.org)



AVAILABLE IN FALL 2020

## Addressing Mental Health Concerns in Pediatrics

A Practical Resource Toolkit for Clinicians, 2nd Edition

This toolkit is designed to empower pediatric care providers to ready their practice for delivering comprehensive mental health care. The second edition delivers a streamlined collection of essential tools most relevant to pediatric practice, all available in a new online format.

This toolkit aligns with the all-new AAP *Mental Health Competencies for Pediatric Practice*, outlining a process for care and billing. Succinct clinical tools provide step-by-step decision support for the assessment and care of children, covering the most common mental health topics, including

- Anxiety and trauma-related distress
- Depression, including maternal depression
- Medically unexplained symptoms
- Disruptive behavior and aggression
- Gender expression and identity
- And much more!

Online access, available fall 2020  
MA0999  
ISBN 978-1-61002-462-4  
Single-User Price: \$150 **Member Price: \$120**



To learn more, visit [shop.aap.org/mentalhealthtoolkit](http://shop.aap.org/mentalhealthtoolkit)

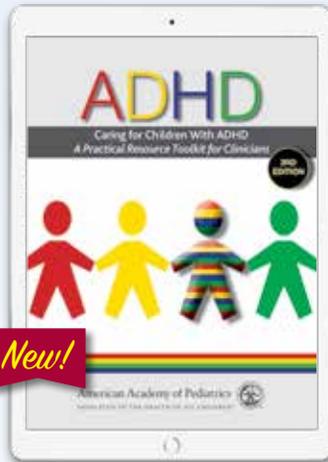
## Caring for Children With ADHD

A Practical Resource Toolkit for Clinicians, 3rd Edition

This completely updated and online third edition includes

- Tools that focus on identification, assessment, and diagnosis, including the **Vanderbilt Assessment Scales**
- Monitoring and follow-up tools—including expanded resources to assist with medication management and treatment
- Sample templates for managing ADHD in your practice
- Parenting resources—for medications, behavioral interventions, and school accommodations

Online access, October 2019  
MA0940  
ISBN 978-1-61002-362-7  
Single-User Price: \$150 **Member Price: \$120**



New!



SAVE 25%!

### ADHD Vanderbilt Assessment Forms Package!

Package includes 1 pack of 50 of each form.

HE0573  
Price: ~~\$87.80~~ \$66 **Member Price: \$75.80** \$57

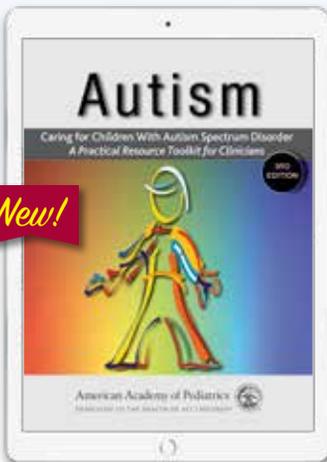
## LICENSING OPTIONS

### Single-User Access License

Purchase of AAP toolkits through shopAAP allows online access for only one user per toolkit and is available only to individual account holders. This license does not support EHR integration.

### Multiuser Options

To discuss license options for multiple log-in accounts and institutional site licenses or to discuss integration options of the ADHD, autism, and mental health toolkits content with other systems, please contact [institutions@aap.org](mailto:institutions@aap.org).



New!

## Caring for Children With Autism Spectrum Disorder

A Practical Resource Toolkit for Clinicians, 3rd Edition

This third edition is now online and includes full updates on

- Practice-focused guidelines and recommendations
- Developmental screening and surveillance tools
- Detailed guidance on facilitating ASD office visits, with tools to track key steps in care management
- Guidance on school services, creating a medical home for children with ASD, and transitioning older patients to adulthood
- Family handouts in English and Spanish

Online access, October 2019  
MA0941  
ISBN 978-1-61002-363-4  
Single-User Price: \$150 **Member Price: \$120**



Did you know?

Mental health, ADHD, and autism toolkits are included in a subscription to *Pediatric Care Online*™! See page 22 for details.

To learn more, visit [shop.aap.org/toolkits](http://shop.aap.org/toolkits).



Best value!

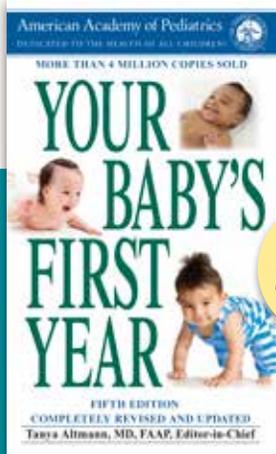
American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN®

345 Park Blvd  
Itasca, IL 60143

NONPROFIT  
U.S. POSTAGE PAID  
BOLINGBROOK, IL  
PERMIT NO. 467



**New!**

Share with families for  
as little as **\$4.99** when  
you buy in bulk!

See page 3 for details.

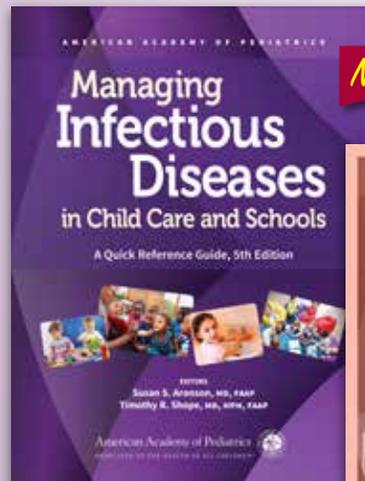
Evidence-based guidance for schools  
and child care settings

See page 11 for details.

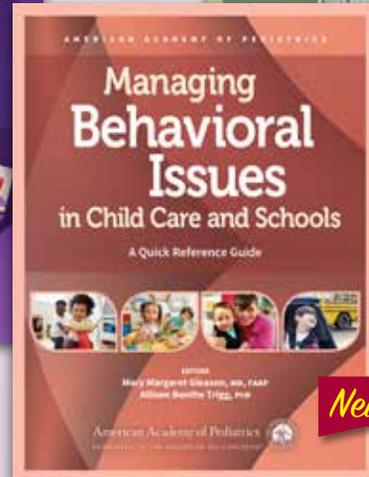
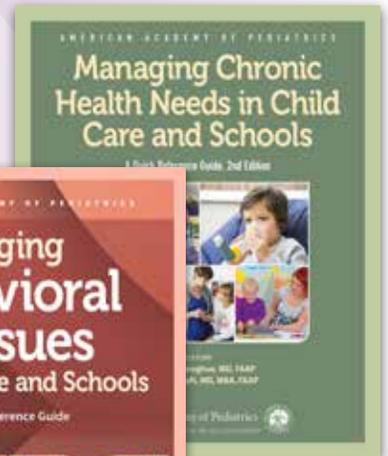
Join us for the  
first-ever Virtual  
National Conference  
& Exhibition!

For more information and to register, visit  
**AAPexperience.org**

**AAP** **VIRTUAL**  
**experience 2020**  
National Conference & Exhibition



**New!**



**New!**

Quick, secure online ordering on

**shopAAP**  
shop.aap.org

**ONLINE**  
**shop.aap.org**

For secure online ordering.  
Visa, MasterCard, Discover, and  
AMEX accepted.

**PHONE**  
**888/227-1770**

7:30 am to 5:00 pm (CT)  
(630/626-6000 outside the United  
States and Canada)

**MAIL**

Send completed order to  
American Academy of Pediatrics  
PO Box 776442  
Chicago, IL 60677-6442

**FAX**  
**847/228-1281**

**24/7 ACCESS TO ALL AAP RESOURCES! 100% SATISFACTION GUARANTEED!**