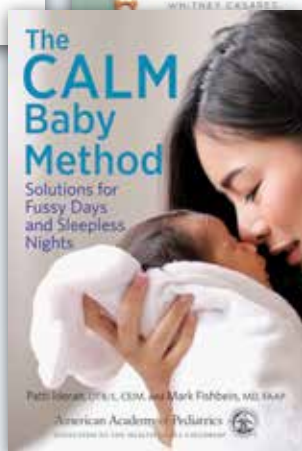
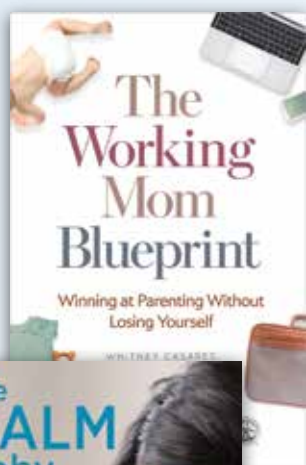
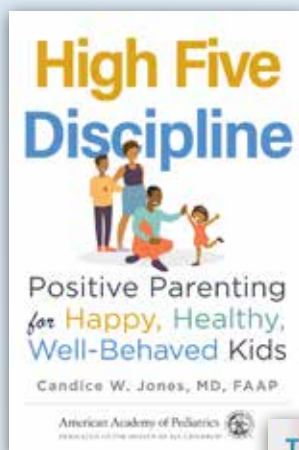


# Empower parents with pediatrician-approved guidance!

FALL 2021  
PATIENT EDUCATION CATALOG



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# Patient Education Resources

Trusted Information From the American Academy of Pediatrics

For many, especially families with children too young to be vaccinated, life is still far from normal. But the everyday challenges of parenting haven't stopped for the pandemic. Help the families you care for cope with behavioral concerns, sleep issues, mental health conditions, and more when you share trusted advice from the AAP.

Parents have long turned to their pediatricians for guidance on discipline. We're thrilled to offer you a new resource in this ongoing struggle—**High Five Discipline: Positive Parenting for Happy, Healthy, Well-Behaved Kids** (page 3).

New moms and dads may not have access to parenting and prenatal classes right now. Help them learn proven techniques for soothing cranky and colicky newborns with **The CALM Baby Method: Solutions for Fussy Days and Sleepless Nights** (page 4).

Kids have been struggling along with parents, including in some cases with mental illness. Our new booklet, **Understanding Depression in Children and Adolescents** (page 13), will help parents learn the difference between depression and sadness as well as warning signs for suicide risk.

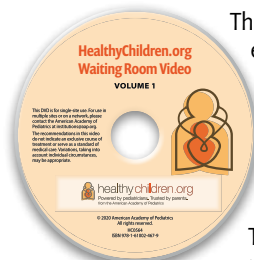
Throughout the catalog, you'll find special discounts—**savings of up to 50%**—on books, booklets, and brochures when you buy multiple copies to share with families in your care. And remember, when you buy in bulk from the AAP, **your purchase has twice the reach**. You help the family who receives an AAP parenting book or patient education materials and you help children everywhere by funding the advocacy work of the AAP.

There has never been a more crucial time to support our mission to improve health of all children. Together we can work toward a brighter future—join the AAP or renew your membership today. To access the latest COVID-19 updates and guidance from the AAP visit [aap.org/covid-19](http://aap.org/covid-19).



## HealthyChildren.org Waiting Room Video

Bring the value of HealthyChildren.org to your waiting room!



This hour-long, looping video is a compilation of the best educational videos on **HealthyChildren.org**, the official AAP website for parents.

Included are 47 video vignettes and 45 animated or still graphics on topics ranging from healthy handwashing, calming a fussy baby, and childproofing the home to medication safety, teen driving, preventing childhood obesity, and much more.

This DVD is for single-site use. For use in multiple sites or on a network, please contact [institutions@aap.org](mailto:institutions@aap.org).

DVD, 66 minutes (looping)  
HCO564  
ISBN 978-1-61002-467-9  
Price: \$124.95 **Member Price: \$99.95**



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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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## High Five Discipline

Positive Parenting for Happy, Healthy, Well-Behaved Kids

Candice W. Jones, MD, FAAP

When confronting the challenge of disciplining their children, moms and dads and other child caregivers often default to the ways their own parents disciplined them, sometimes with harmful results. In *High Five Discipline*, mom and practicing pediatrician Dr Jones shows parents a better way. This positive parenting guide helps parents understand child development and the ways discipline shapes not only children's behavior but their overall health and well-being. Dr Jones coaches parents to understand their child's developmental stages and their own motivations to create a family discipline plan that manages misbehavior and encourages positive behavior. Her advice is packed with developmentally appropriate strategies to tame tantrums, stop sibling squabbles, and encourage better behavior, to create a calmer, more harmonious home.

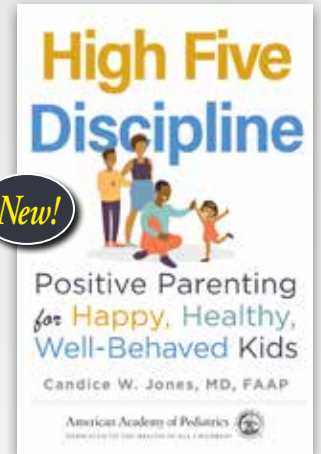
Paperback, September 2021—225 pages

CB0126

Book ISBN 978-1-61002-517-1

eBook ISBN 978-1-61002-520-1

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



## The Working Mom Blueprint

Winning at Parenting Without Losing Yourself

Whitney Casares, MD, MPH, FAAP

As a practicing pediatrician and mother of 2 young daughters, Dr Casares understands balancing family and career firsthand. In *The Working Mom Blueprint*, she combines honest insights about her own challenges with professional expertise about children of working moms—they thrive!—to create a reassuring guide to 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, March 2021—240 pages

CB0124

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## 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. Dr Casares' message is especially relatable for fellow working moms.

Paperback, 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**







## 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.

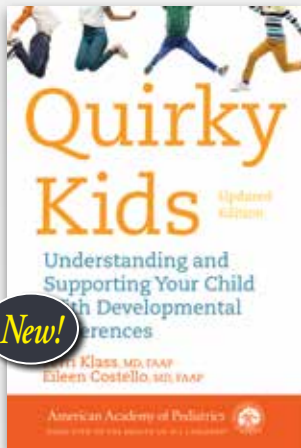
Paperback, March 2021—207 pages

CB0123

Book ISBN 978-1-61002-482-2

eBook ISBN 978-1-61002-485-3

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



## Quirky Kids

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

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

This classic, coauthored by *New York Times* columnist and pediatrician Dr Klass and Boston Medical Center's Chief of Ambulatory Pediatrics Dr Costello, 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.

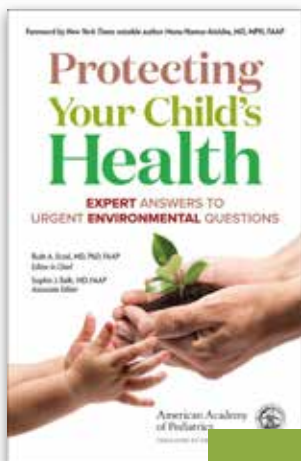
Paperback, December 2020—339 pages

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, 2020—241 pages

CB0121

Book ISBN 978-1-61002-437-2

eBook ISBN 978-1-61002-438-9

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Foreword by

Mona Hanna-Attisha, MD, MPH, FAAP



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## 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, 2020—787 pages

CB0122

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### SPANISH

Paperback, 2017—785 pages

CB0101

Book ISBN 978-1-61002-080-0

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## 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

CB0105

ISBN 978-1-61002-160-9

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## 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

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

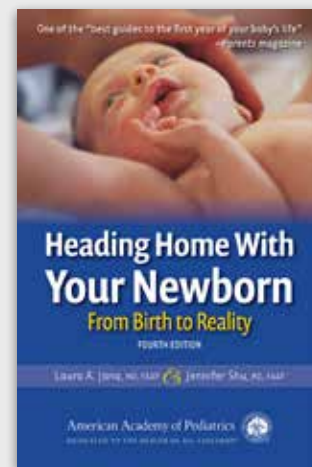
Paperback, 2020—391 pages

CB0120

Book ISBN 978-1-61002-424-2

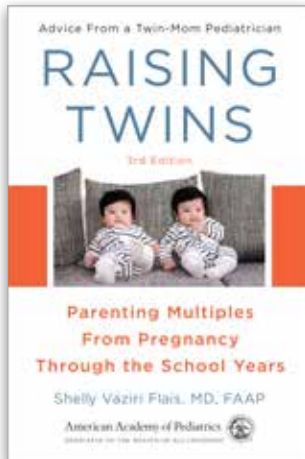
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*"This book packs the advice of a parenting class, a doctor's visit, and a best friend into one indispensable package."*

—Library Journal



## Raising Twins

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

Shelly Vaziri Flais, MD, FAAP

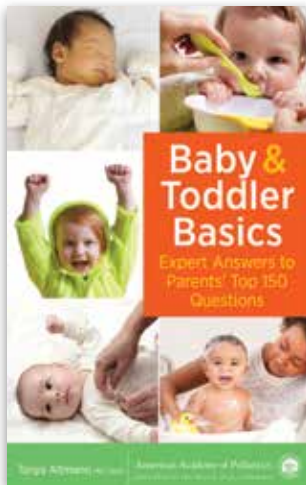
*"Her empowering and confident tone is neighborly and down-to-earth, keeping parents attuned to her if-I-can-do-it-so-can-you attitude."*

—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—281 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  
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## 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 4.7 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. This is just a sampling of the topics included in this comprehensive handbook of child care.

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Paperback, 2019—935 pages, 300 illustrations

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eBook ISBN 978-1-61002-344-3

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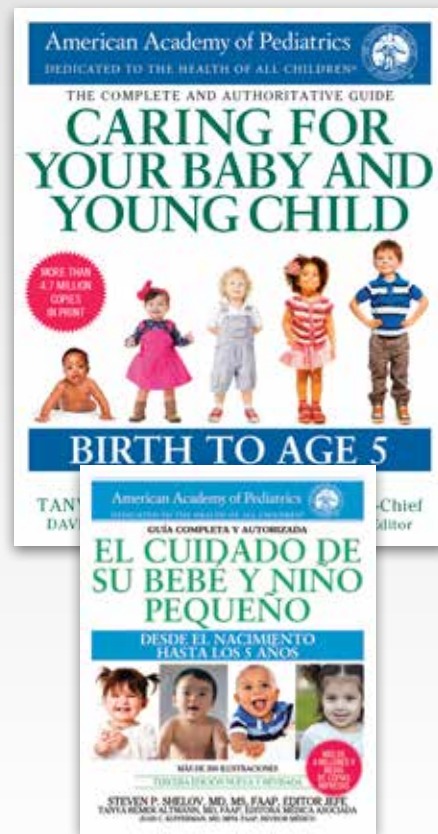
Paperback, 2016—917 pages, 300 illustrations

CB0100

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eBook ISBN 978-1-61002-079-4

Price: \$24 **Member Price: \$19**



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



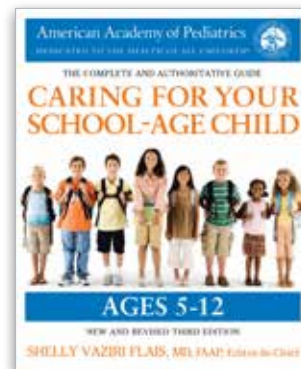
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## Caring for Your School-Age Child

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

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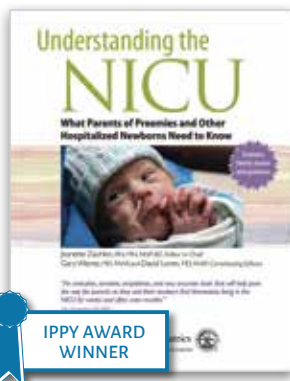
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Price: \$23 **Member Price: \$18**







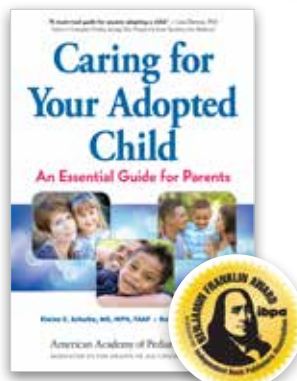
## Understanding the NICU

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  
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## Caring for Your Adopted Child

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

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Paperback, 2018—212 pages  
CBO108  
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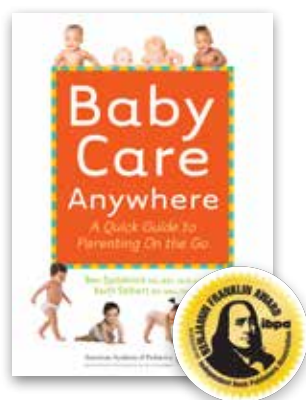
## Retro Baby

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  
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eBook ISBN 978-1-58110-831-6  
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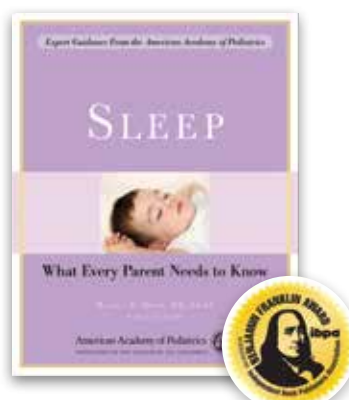
## Baby Care Anywhere

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**



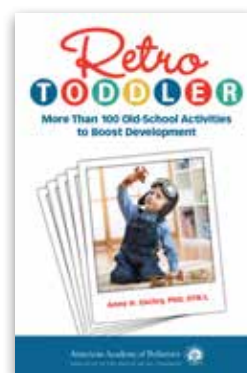
## Sleep

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  
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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  
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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.

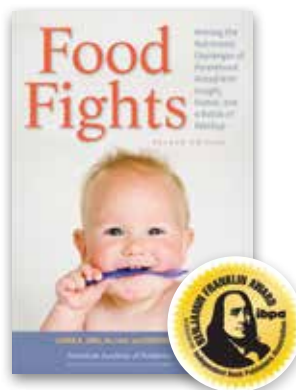
Paperback, 2016—227 pages

CB0096

Book ISBN 978-1-58110-981-8

eBook ISBN 978-1-58110-982-5

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



## 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**



## 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.

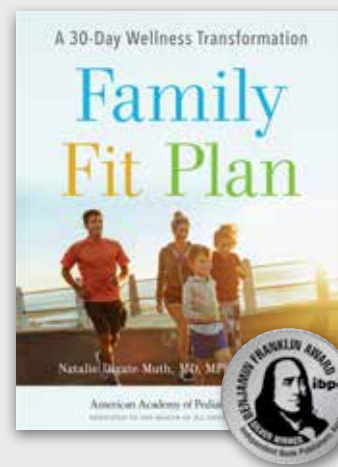
Paperback, 2018—286 pages

CB0103

Book ISBN 978-1-61002-154-8

eBook ISBN 978-1-61002-155-5

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



## 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.

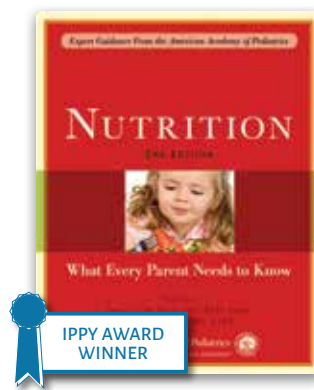
Paperback, 2019—220 pages

CB0114

Book ISBN 978-1-61002-338-2

eBook ISBN 978-1-61002-339-9

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



## 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

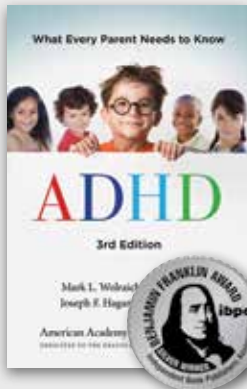
CB0055

Book ISBN 978-1-58110-321-2

eBook ISBN 978-1-58110-631-2

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





## 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.

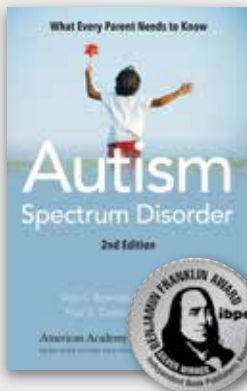
Paperback, 2019—342 pages

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.

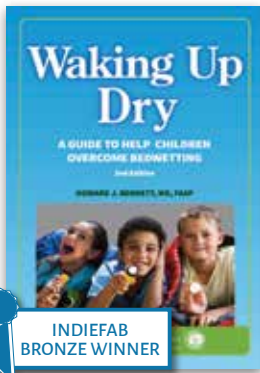
Paperback, 2019—342 pages

CB0111

Book ISBN 978-1-61002-269-9

eBook ISBN 978-1-61002-270-5

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



## 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.

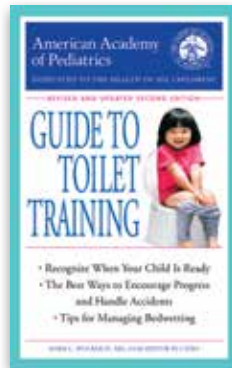
Paperback, 2015—241 pages

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

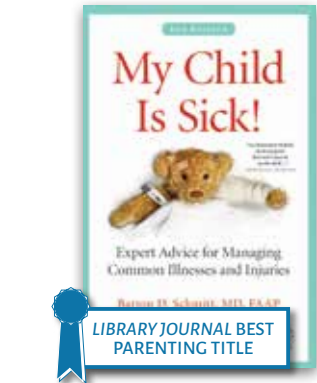
Parents will be reassured by the expert advice offered in this updated edition. It covers timing and how to choose a potty as well as toilet training children with special needs. It also addresses challenges like accidents, resistance, refusal, and constipation.

Paperback, 2016—224 pages

CB0099

ISBN 978-1-61002-062-6

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



## 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 patients' 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

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Book ISBN 978-1-58110-988-7

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



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Barton D. Schmitt, MD, FAAP

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Spiral-bound, September 2021—520 pages

MA1037

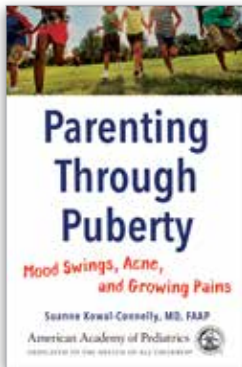
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Price: \$118.95 **Member Price: \$94.95**



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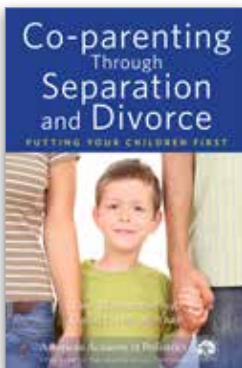
## Parenting Through Puberty

Mood Swings, Acne, and Growing Pains

Suzanne Kowal-Connelly, MD, FAAP

Parents will learn about the physical and emotional changes they can expect to see.

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**



## 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 blending families, Drs Blackstone and Hill offer a road map through one of life's most difficult challenges.

Paperback, 2020—260 pages  
CBO117  
Book ISBN 978-1-61002-380-1  
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Price: \$16.95 **Member Price: \$13.95**



Also available from Dr Hill

**Dad to Dad: Parenting Like a Pro**

CBO069

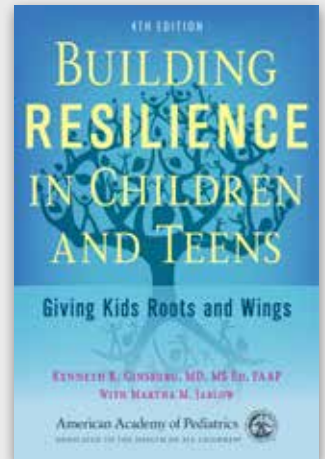
## Building Resilience in Children and Teens

Giving Kids Roots and Wings, 4th Edition

Kenneth R. Ginsburg, MD, MSEd, FAAP, with Martha M. Jablow

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

Paperback, 2020—393 pages  
CBO118  
Book ISBN 978-1-61002-385-6  
eBook ISBN 978-1-61002-386-3  
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## Raising Kids to Thrive

Balancing Love With Expectations and Protection With Trust

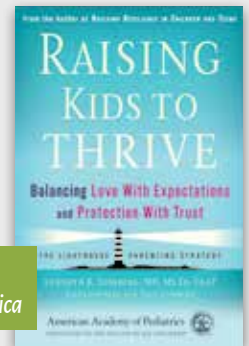
Kenneth R. Ginsburg, MD, MSEd, FAAP, Ilana Ginsburg, and Talia Ginsburg

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  
CBO081  
Book ISBN 978-1-58110-867-5  
eBook ISBN 978-1-58110-871-2  
Price: \$16.95 **Member Price: \$13.95**



As seen on  
*Good Morning America*



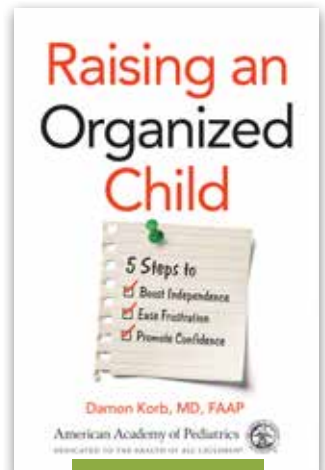
## Raising an Organized Child

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  
CBO112  
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!*



## 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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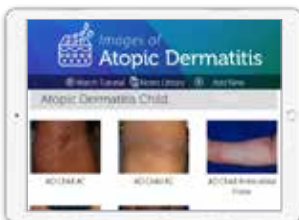
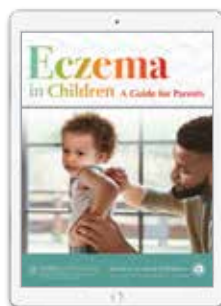
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New moms will find important guidance in this booklet. It provides clear, practical information on the benefits and methods of breastfeeding and includes helpful illustrations depicting holds and latches.

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## **New!** FREE Atopic Dermatitis Digital Resources

**Eczema in Children**, a full-color digital magazine, is designed to help caregivers manage their child's condition. With interactive features and educational videos, it offers information on the symptoms, diagnosis, treatment, and prevention of eczema in children. Parents may access the magazine at [healthychildren.org/EczemaGuide](http://healthychildren.org/EczemaGuide).

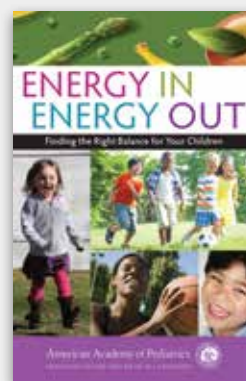


**Atopic Dermatitis**, a quick reference tool, helps health care professionals effectively diagnose and treat atopic dermatitis in patients of all skin colors. It covers signs and symptoms, treatment, medication guidance, when to refer, and additional resources including more than 35 images for reference.

Visit [services.aap.org/atopic-dermatitis](http://services.aap.org/atopic-dermatitis) to access this free tool.



This resource is supported in full by a sponsorship from Sanofi Genzyme and Regeneron.



## 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  
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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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## Understanding Anxiety Disorders in Children

This booklet helps parents learn about anxiety disorders.

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

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## 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 more.

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## 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.

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

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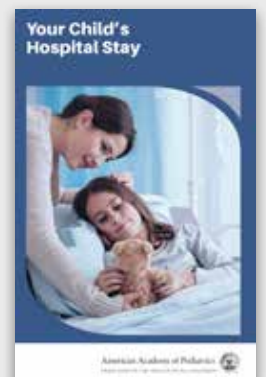


## Your Child's Poop

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

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**5 Years**  
HE0064-A

**6 Years**  
HE0064-B

**8 Years**  
HE0064-C

**10 Years**  
HE0064-D



### Caring for Your Sick Child Managing Common Infections at Home

Barton D. Schmitt, MD, FAAP

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

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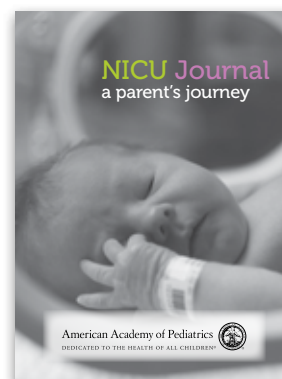
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Anyone caring for an infant can learn the lifesaving basics of infant CPR and choking relief with this updated, bilingual (English and Spanish) kit.

Published by the American Heart Association and Laerdal

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



A must-have for all caregivers!

## Communicating Visually in Pediatrics

A Step-by-Step Tool for Patients and Caregivers

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

This spiral-bound visual communication aid is designed to help pediatricians and others who work in medical settings with children who are nonverbal, including toddlers; children with conditions such as autism, cerebral palsy, language disorders, intellectual disabilities, or oral-motor apraxia; or children who do not speak English. Interactive use of this resource will improve communication, reduce fear and anxiety, and boost patients' understanding and participation in the medical visit.

Nearly 400 easy-to-understand, full-color images depict common medical procedures, from bandaging to vaccine administration as well as important patient-provider communication, including describing symptoms or post-visit instructions. Each image is captioned in both English and Spanish for maximum in-office utility, and the pages are fully wipeable for simple disinfecting after use with each patient.

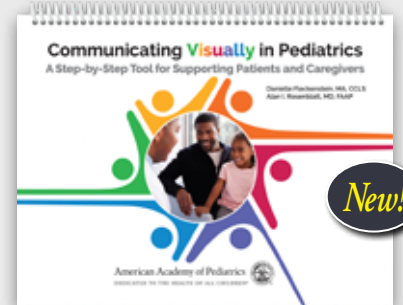
Nearly 400 easy-to-understand, full-color images depict common medical procedures, from bandaging to vaccine administration as well as important patient-provider communication, including describing symptoms or post-visit instructions. Each image is captioned in both English and Spanish for maximum in-office utility, and the pages are fully wipeable for simple disinfecting after use with each patient.

Spiral-bound, available January 2022—54 pages

MA1041

ISBN 978-1-61002-566-9

Price: \$69.95 **Member Price: \$55.95**

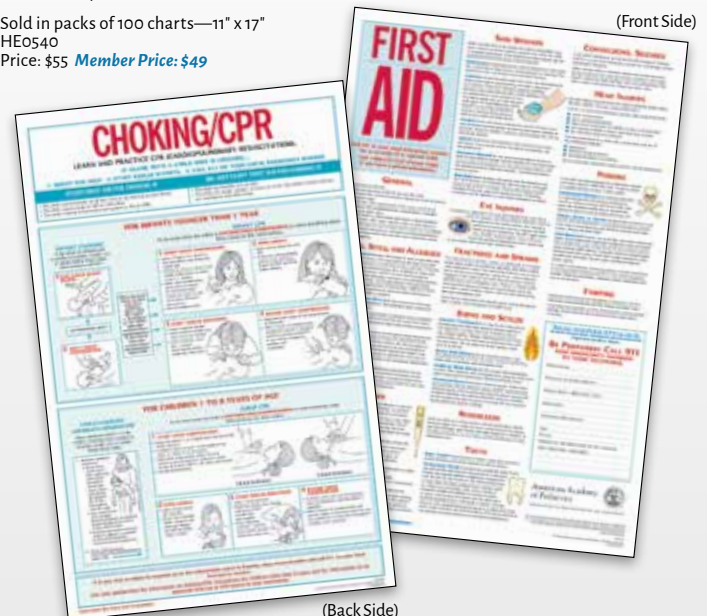


## 3-in-1 First Aid, Choking, CPR Chart

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.

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HE50057

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.



HE50202



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HE50085



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HE50476

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American Academy of Pediatrics  
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American Academy of Pediatrics  
ADVANCED BY THE RESEARCH OF ALL CHILDREN

HE50175

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How Parents Can Reduce  
the Risk of SIDS and  
Suffocation**BEST SELLER!**

American Academy of Pediatrics  
ADVANCED BY THE RESEARCH OF ALL CHILDREN

HE50515

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

**Crying and  
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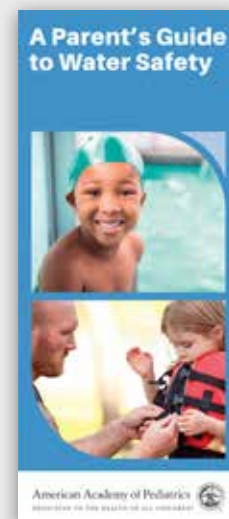
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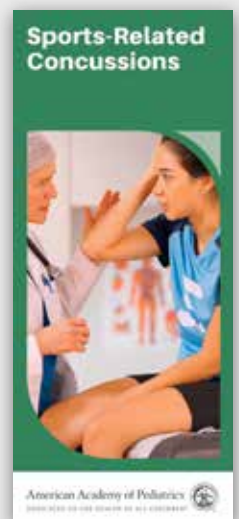
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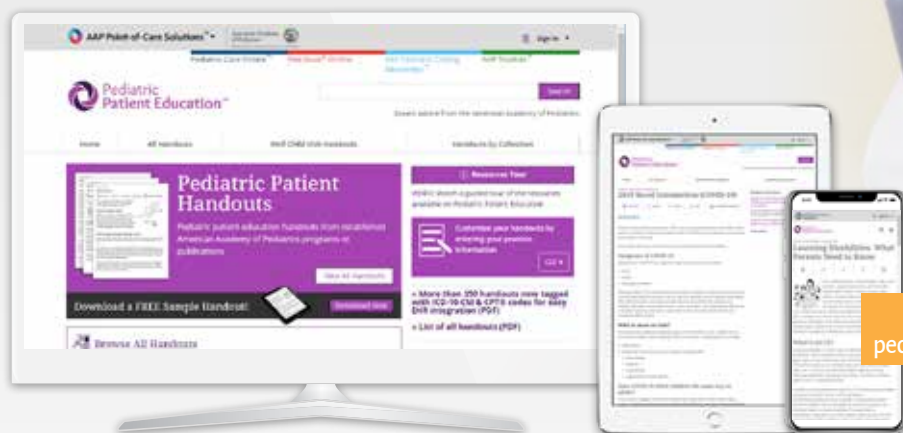
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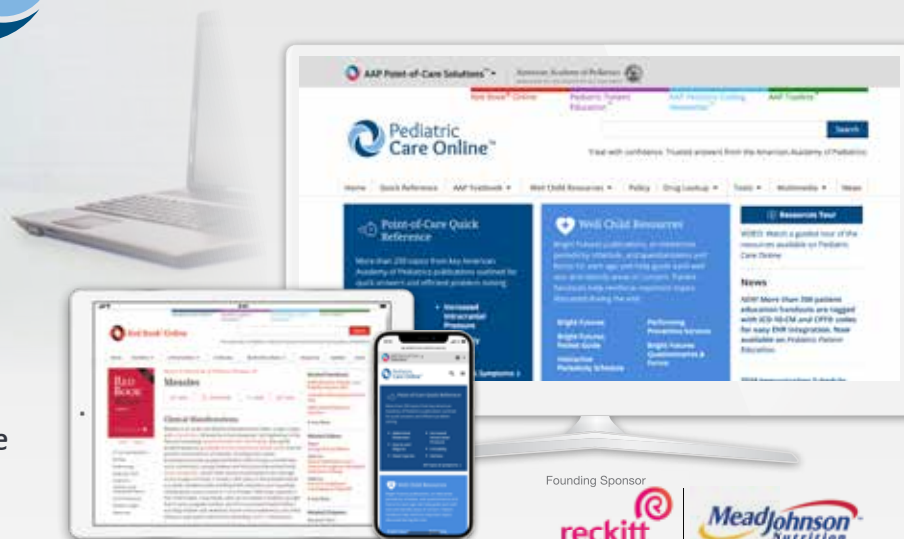
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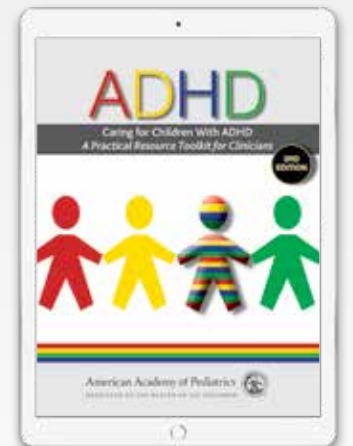
- Tools that focus on identification, assessment, and diagnosis, including the **Vanderbilt Assessment Scales**
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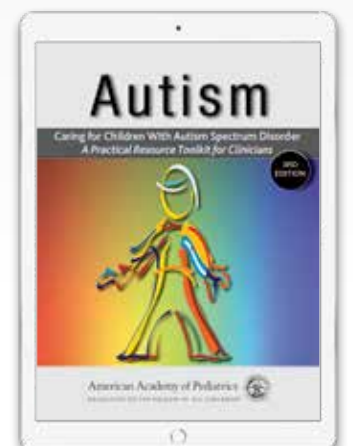
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