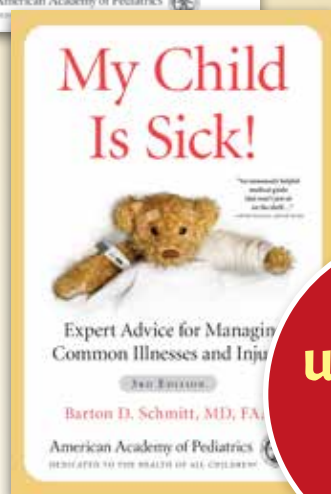
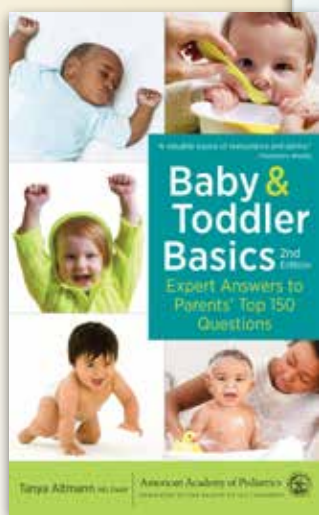


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Patient Education Resources

Trusted Information From the American Academy of Pediatrics

Each new stage in a child's life brings fresh opportunities and new challenges for parents. Books for parents and patient education resources from the AAP can help moms, dads, and other caregivers feel confident that they are equipped to provide the best possible care for their children. And these books, brochures, and booklets will also help parents determine when they need to reach out to you for professional help.

Parents of infants, babies, and toddlers will welcome reassuring advice from Dr Tanya Altmann in a new fully revised and updated edition of ***Baby and Toddler Basics: Expert Answers to Parents' Top 150 Questions*** (page 3). The simple Q&A format will give parents the information they need quickly and accurately.

With the newly updated third edition of an AAP favorite, ***My Child Is Sick! Expert Advice for Managing Common Illnesses and Injuries*** (page 3), parents will have all of the expertise of a pediatric help line at their fingertips. Dr Barton Schmitt's proven guidance has been tested for more than 25 years on more than 300 million phone calls.

In ***Congrats—You're Having a Teen!*** (page 5), leading expert on teenagers, Dr Kenneth Ginsburg, offers practical tips and a hopeful message for this often wrongly maligned phase of child development and parenting. His advice will help parents embrace this time of learning, growth, and family bonding.

Finally, in new patient education material, we offer ***Energy Balance: What Parents Need to Know*** (page 13). In a world of fad diets and fitness trends, this booklet will ground parents in the critical basics. And, because we know that we're in the midst of a mental health crisis that is scary for parents and kids alike, we have a new brochure—***Suicide Prevention: What Parents Need to Know*** (page 18). We offer bulk discounts on all of our booklets and brochures so you can share critical advice with families in your care.

Vaccinating children.
Addressing the mental health crisis.
Advocating for the health and safety of all children.
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HealthyChildren.org Waiting Room Video

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

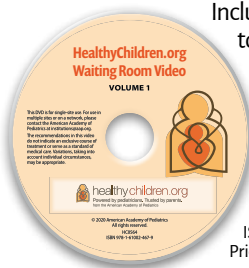
This hour-long, looping video is a compilation of the best educational videos on **HealthyChildren.org**, the official AAP website for parents.

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.

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

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to view the trailer!



American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN®

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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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Baby and Toddler Basics

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

Tanya Altmann, MD, FAAP

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

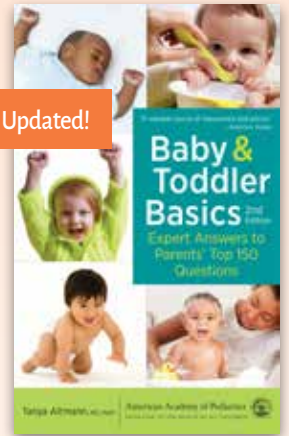
Paperback, available September 2022—286 pages

CB0132

Book ISBN 978-1-61002-620-8

eBook ISBN 978-1-61002-623-9

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



My Child Is Sick!

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

Barton D. Schmitt, MD, FAAP

Prevent unnecessary calls to your office when you share the wisdom of the newly updated *My Child Is Sick!* with parents. Dr Schmitt covers the most common childhood illnesses and injuries with guidance based on the same criteria used by pediatric call centers to determine whether a child is best treated at home, the pediatrician's office, or the emergency department. From pink eye to ear infections and bee stings to vomiting, conditions are explained in easy-to-understand terms, clearly laying out next steps for parents to follow. Updates in this edition include the addition of COVID-19 and tools such as over-the-counter medication dosing charts.

Paperback, available September 2022—379 pages

CB0131

Book ISBN 978-1-61002-616-1

eBook ISBN 978-1-61002-619-2

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



Also available from Dr Schmitt

Pediatric Telephone Protocols
Office Version, 17th Edition

See page 15 for details.

Return to You

A Postpartum Plan for New Moms

Natasha K. Sriraman, MD, MPH, FAAP

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

Paperback, May 2022—196 pages

CB0129

Book ISBN 978-1-61002-594-2

eBook ISBN 978-1-61002-597-3

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





Building Happier Kids

Stress-busting Tools for Parents

Hansa Bhargava, MD, FAAP

In *Building Happier Kids*, Dr Bhargava helps parents understand the impact of stress and shares concrete steps parents can take to reduce the pressure on their children and teens and increase their health and happiness. Dr Bhargava prescribes taking a step back from today's nonstop pace and focusing on the basics of healthy eating, quality sleep, and unscheduled free time. With extracurricular commitments, homework, and ever-present electronic devices, this can seem easier said than done, but Dr Bhargava offers realistic, balanced advice that will help prioritize health and restore the happiness of childhood.

Paperback, February 2022—252 pages
CB0128

Book ISBN 978-1-61002-573-7

eBook ISBN 978-1-61002-576-8

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



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

Book ISBN 978-1-61002-486-0

eBook ISBN 978-1-61002-489-1

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



The New Baby Blueprint

Caring for You and Your Little One

Whitney Casares, MD, MPH, FAAP

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

ages & stages



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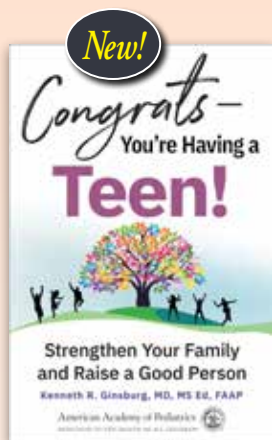


NEW HealthyChildren.org Ages & Stages messaging program!

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◀ Download this free flyer to give to parents today!





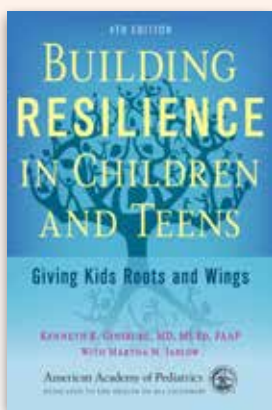
Congrats—You're Having a Teen!

Strengthen Your Family and Raise a Good Person

Kenneth R. Ginsburg, MD, MSEd, FAAP

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

Paperback, September 2022—300 pages
CB0130
Book ISBN 978-1-61002-598-0
eBook ISBN 978-1-61002-601-7
Price: \$16.95 **Member Price: \$13.95**



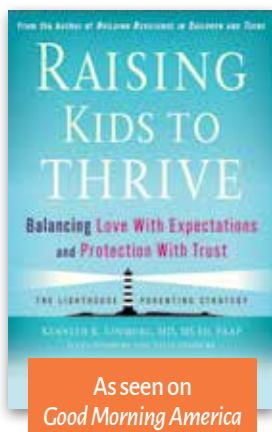
Building Resilience in Children and Teens

Giving Kids Roots and Wings, 4th Edition

Kenneth R. Ginsburg, MD, 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
CB0118
Book ISBN 978-1-61002-385-6
eBook ISBN 978-1-61002-386-3
Price: \$16.95 **Member Price: \$13.95**



Raising Kids to Thrive

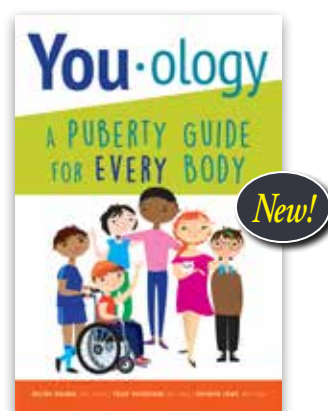
Balancing Love With Expectations and Protection With Trust

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
CB0081
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



You·ology

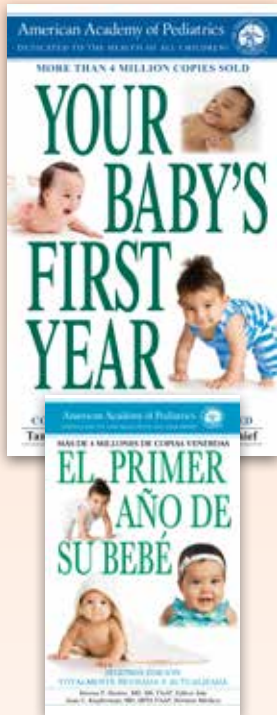
A Puberty Guide for Every Body

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



What if learning about changing bodies wasn't secretive or shameful? And what if it could even be inclusive, fun, and, well, kind of adorable? A new kind of puberty guide, *You·ology* embraces an inclusive approach that normalizes puberty for all kids. Traditional puberty education only contributes to a sense of isolation and often does not include all kids' experience of puberty and leaves kids with questions about how puberty will affect their friends and classmates. For curious kids and parents looking to talk about puberty in an inclusive way, *You·ology* offers fact-based, age-appropriate, and body-positive information about the physical, social, and emotional changes ahead for all kids. Colorful illustrations keep the tone upbeat and engaging, while short stories featuring a cast of diverse characters add relatability and humor.

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



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

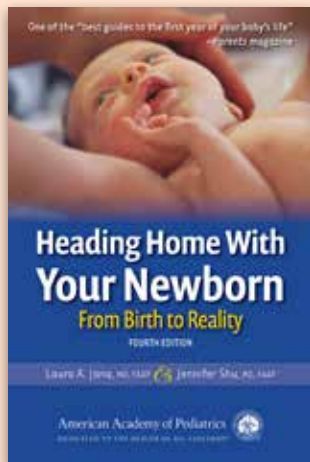
- Guidelines for prenatal and newborn care, including screening tests during pregnancy
- Milestones for physical, emotional, social, and cognitive growth, as well as visual, hearing, language, and movement milestones
- Cutting-edge research on early brain development and how babies and young children 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
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**



Heading Home With Your Newborn

From Birth to Reality, 4th Edition

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

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

—Library Journal

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

This best-selling guide on newborns is 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
- Typical development and concerns to discuss with the pediatrician
- Illnesses and injuries
- Vaccines and well-baby visits
- The impact of social media sharing
- Baby blues and postpartum depression, including symptoms and getting help
- And much more

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



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
Price: \$17 **Member Price: \$14**

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**



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- *Heading Home With Your Newborn*
- *Caring for Your Baby and Young Child*
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- *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**



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.

- 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, 2019—935 pages, 300 illustrations

CB0115

Book ISBN 978-1-61002-343-6

eBook ISBN 978-1-61002-344-3

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

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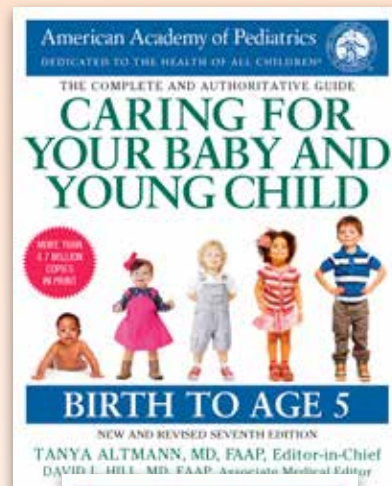
Paperback, 2016—917 pages, 300 illustrations

CB0100

Book ISBN 978-1-61002-078-7

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.

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.

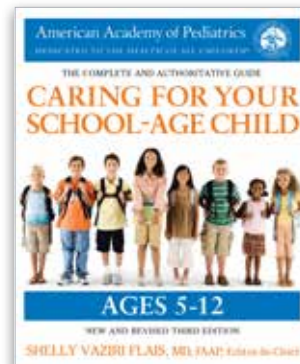
Paperback, 2018—677 pages

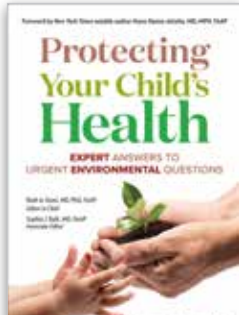
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Book ISBN 978-1-61002-255-2

eBook ISBN 978-1-61002-256-9

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





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

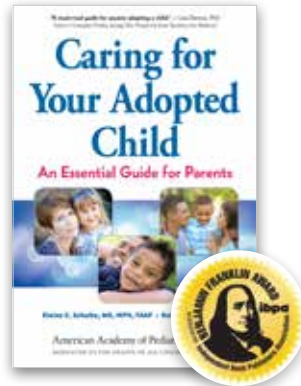
Protecting Your Child's Health

Expert Answers to Urgent Environmental Questions

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

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

Paperback, 2020—241 pages
CB0121
Book ISBN 978-1-61002-437-2
eBook ISBN 978-1-61002-438-9
Price: \$16.95 **Member Price: \$13.95**



Caring for Your Adopted Child

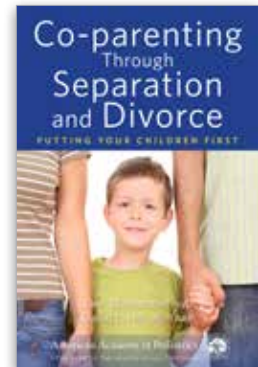
An Essential Guide for Parents

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
CB0108
Book ISBN 978-1-61002-215-6
eBook ISBN 978-1-61002-216-3
Price: \$16.95 **Member Price: \$13.95**



Co-parenting Through Separation and Divorce

Putting Your Children First

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

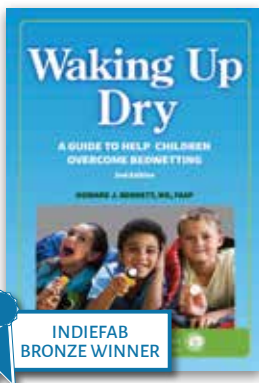
This guide helps parents work together to put their children first during separation or divorce. Drs Blackstone and Hill offer a road map through one of life's most difficult challenges.

Paperback, 2020—260 pages
CB0117
Book ISBN 978-1-61002-380-1
eBook ISBN 978-1-61002-381-8
Price: \$16.95 **Member Price: \$13.95**

Also available from Dr Hill

Dad to Dad: Parenting Like a Pro

CB0069



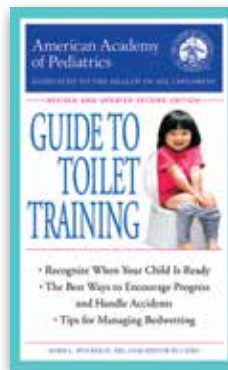
Waking Up Dry

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**

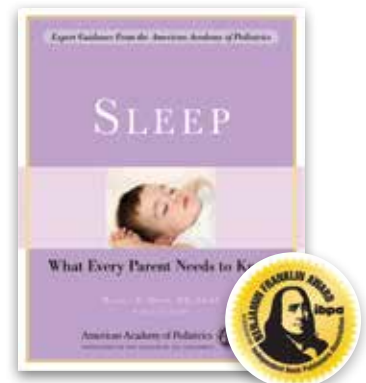


Guide to Toilet Training, 2nd Edition

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**



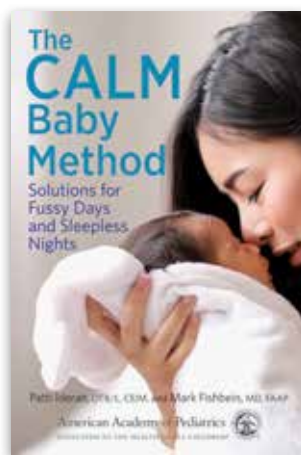
Sleep

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
CB0073
Book ISBN 978-1-58110-781-4
eBook ISBN 978-1-58110-806-4
Price: \$16.95 **Member Price: \$13.95**



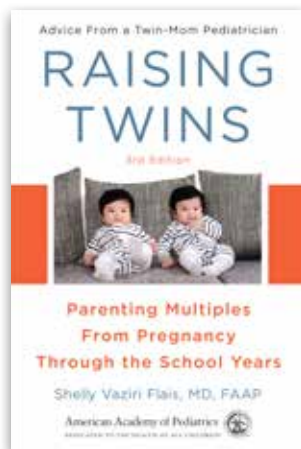
The CALM Baby Method

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**



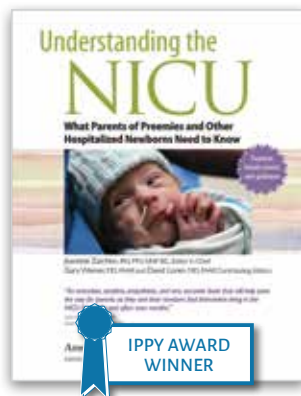
Raising Twins

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

Shelly Vaziri Flais, MD, FAAP

Pediatrician and twin-mom, Dr Flais, offers expert advice for raising healthy, well-adjusted twins, triplets, 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**



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
CB0098
Book ISBN 978-1-61002-048-0
eBook ISBN 978-1-61002-049-7
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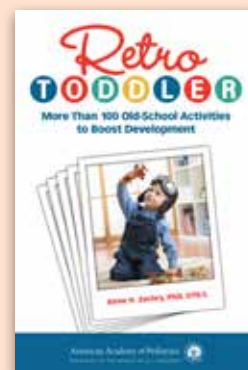
Retro Baby

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

Anne H. Zachry, PhD, OTR/L

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

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



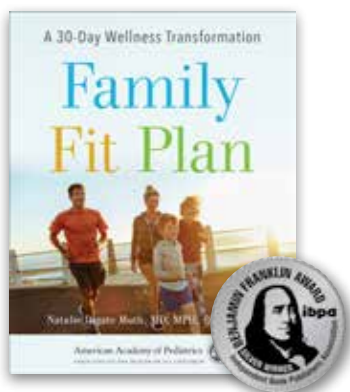
Retro Toddler

More Than 100 Old-School Activities to Boost Development

Anne H. Zachry, PhD, OTR/L

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

Paperback, 2018—219 pages
CB0104
Book ISBN 978-1-61002-157-9
eBook ISBN 978-1-61002-158-6
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**



The Picky Eater Project

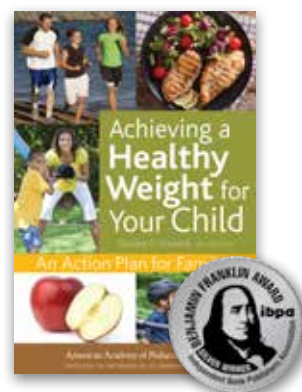
6 Weeks to Happier, Healthier Family Mealtimes

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

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

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

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Book ISBN 978-1-58110-981-8
eBook ISBN 978-1-58110-982-5
Price: \$19.95 **Member Price: \$15.95**



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
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Book ISBN 978-1-61002-154-8
eBook ISBN 978-1-61002-155-5
Price: \$16.95 **Member Price: \$13.95**



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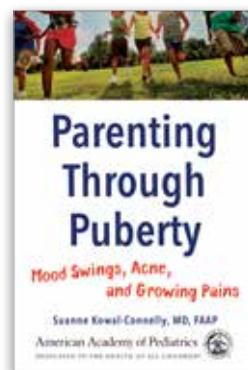
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from the American Academy of Pediatrics

The official AAP website for parents.

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HealthyChildren.org/COVID-19.



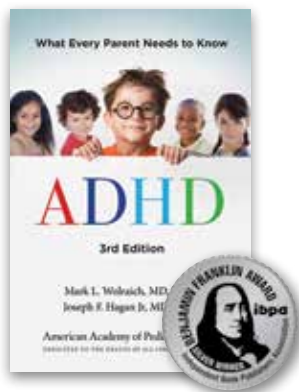
Parenting Through Puberty

Mood Swings, Acne, and Growing Pains

Suanne Kowal-Connelly, MD, FAAP

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

Paperback, 2018—246 pages
CB0107
Book ISBN 978-1-61002-212-5
eBook ISBN 978-1-61002-213-2
Price: \$16.95 **Member Price: \$13.95**



ADHD

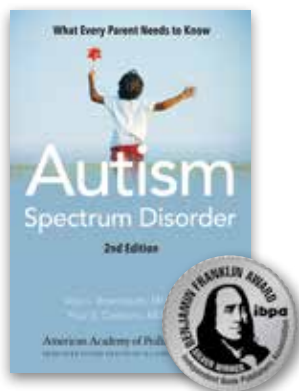
What Every Parent Needs to Know, 3rd Edition

American Academy of Pediatrics

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

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

Paperback, 2019—342 pages
CB0110
Book ISBN 978-1-61002-264-4
eBook ISBN 978-1-61002-265-1
Price: \$16.95 **Member Price: \$13.95**



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
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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, December 2021—191 pages
CB0126
Book ISBN 978-1-61002-517-1
eBook ISBN 978-1-61002-520-1
Price: \$16.95 **Member Price: \$13.95**



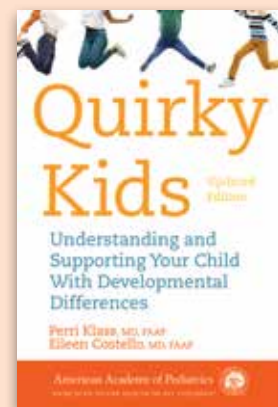
Quirky Kids

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

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

This classic has been fully revised and 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.

Paperback, 2021—339 pages
CB0119
Book ISBN 978-1-61002-419-8
eBook ISBN 978-1-61002-420-4
Price: \$16.95 **Member Price: \$13.95**



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.

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**





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.

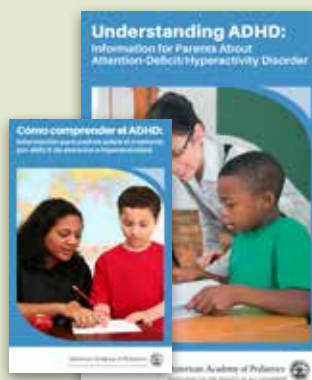
Sold in packs of 10 booklets—21 pages
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Price: \$40 **Member Price: \$35**



Understanding Autism Spectrum Disorder (ASD)

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

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English HE0413 · Spanish HE0526
Price: \$40 **Member Price: \$35**



Understanding ADHD

Information for Parents About Attention-Deficit/Hyperactivity Disorder

This booklet addresses parents' concerns about ADHD. The topics covered include defining ADHD, diagnosis, related conditions, treatment strategies and medication, partnering with schools, and more.

Sold in packs of 50 booklets—21 pages
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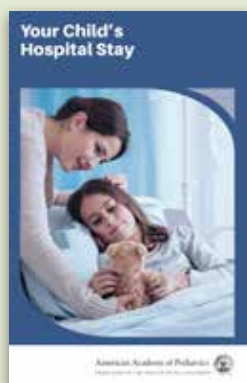


Breastfeeding Your Baby

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 and includes helpful illustrations depicting holds and latches.

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HE0261
Price: \$49.95 **Member Price: \$44.95**



Your Child's Hospital Stay

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.

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HE0567
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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.

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HE0556
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 more.

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HE0548
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.

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Price: \$40 **Member Price: \$35**

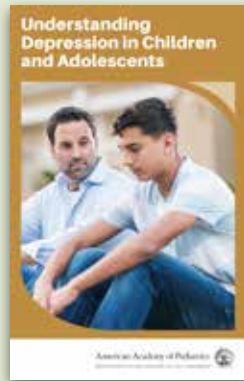


Understanding Anxiety Disorders in Children

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.

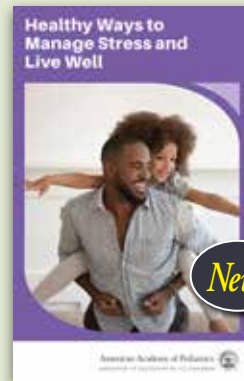
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Understanding Depression in Children and Adolescents

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

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Healthy Ways to Manage Stress and Live Well

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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Energy Balance

What Parents Need to Know

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

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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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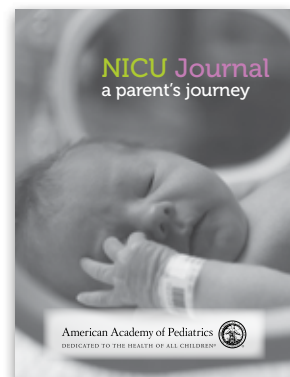
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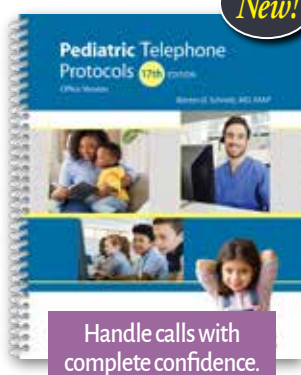
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MA1037
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Danielle Fleckenstein, MA, LPC, ALMFT, CCLS, and Alan I. Rosenblatt, MD, FAAP

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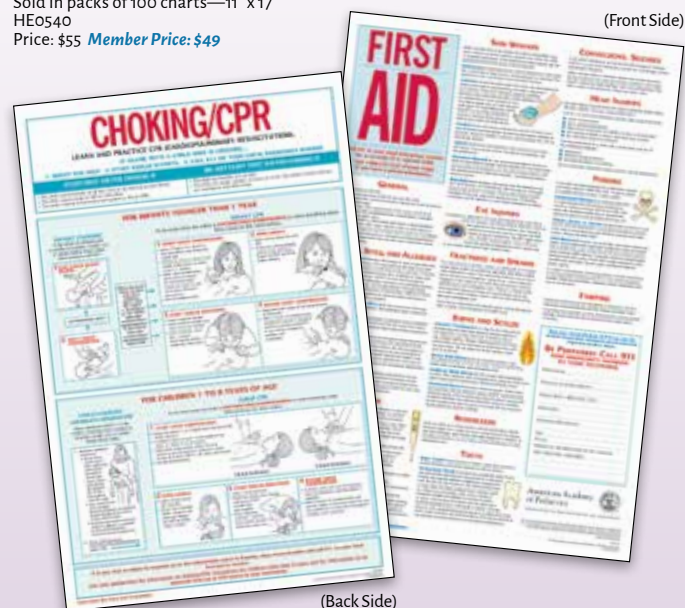
Spiral-bound, March 2022—60 pages
MA1041
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3-in-1 First Aid, Choking, CPR Chart

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

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(See page 14 for Bright Futures products.)



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



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Diaper Rash and Your Baby



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



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HE50182

Respiratory Syncytial Virus (RSV)



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DEDICATED TO THE HEALTH OF ALL CHILDREN

HE50345

Starting Solid Foods



American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN

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American Academy of Pediatrics
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Choking Prevention and First Aid for Infants and Children



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American Academy of Pediatrics
PEDIATRIC CARE FOR THE HEALTH OF ALL CHILDREN

HE50419

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American Academy of Pediatrics
PEDIATRIC CARE FOR THE HEALTH OF ALL CHILDREN

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Car Safety Seats: A Guide for Families



BEST SELLER!

American Academy of Pediatrics
PEDIATRIC CARE FOR THE HEALTH OF ALL CHILDREN

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Fun in the Sun: Keep Your Family Safe



American Academy of Pediatrics
PEDIATRIC CARE FOR THE HEALTH OF ALL CHILDREN

HE50181

Giving Medicine to Children: Important Safety Information



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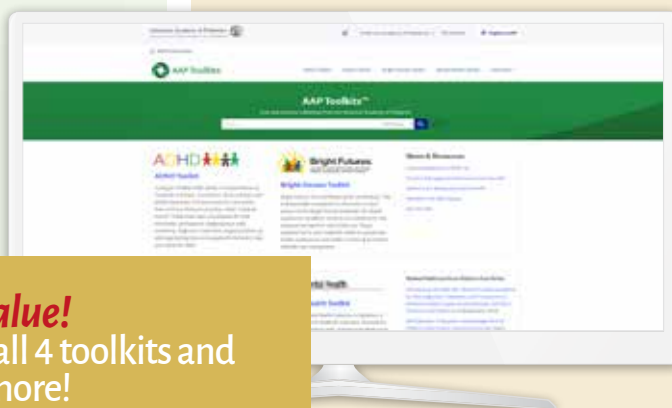
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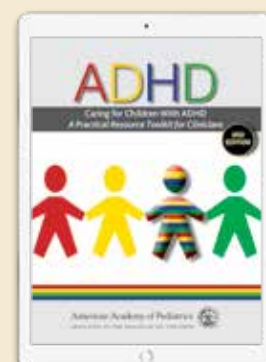
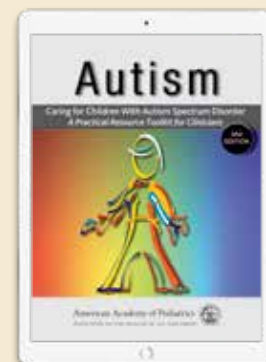
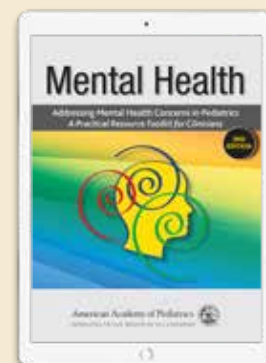
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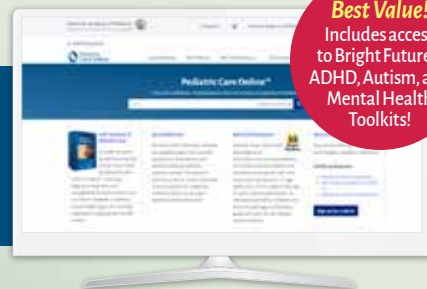
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