

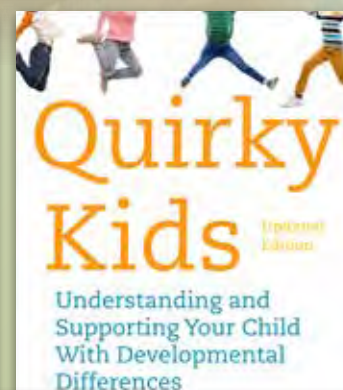
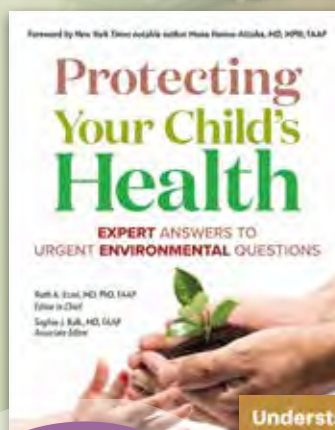
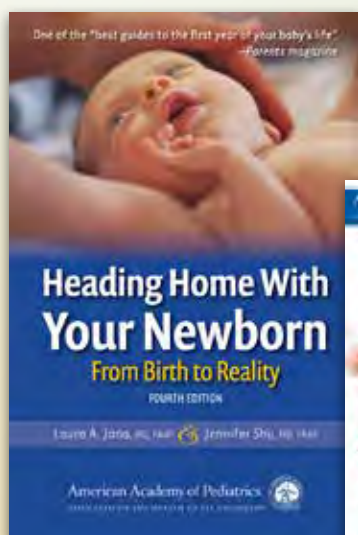
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Fall 2020 Patient Education Catalog

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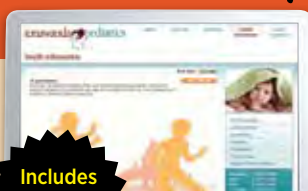
From our work on infectious diseases to advocating for child health issues and from safety guidance to tips for teens, the members of the AAP are so much more than “baby doctors.” But, at the end of the day, we do really, really love little ones! For decades, parents have trusted our books and brochures 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.



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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.



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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

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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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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

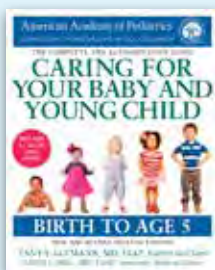
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Heading Home With Your Newborn

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

- 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**



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

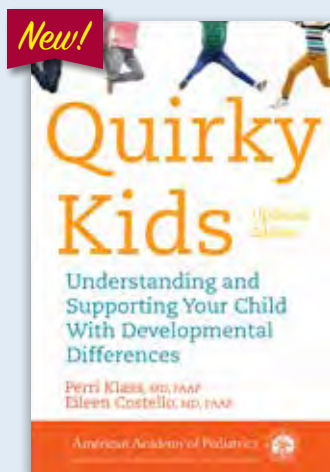
—Library Journal

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

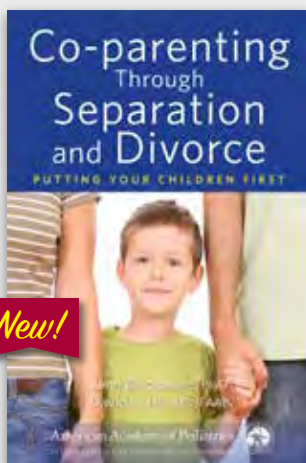
Book ISBN 978-1-61002-437-2

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

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

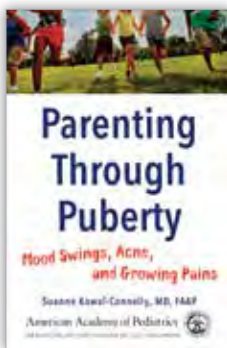
Book ISBN 978-1-61002-282-8

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

Suzanne 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.

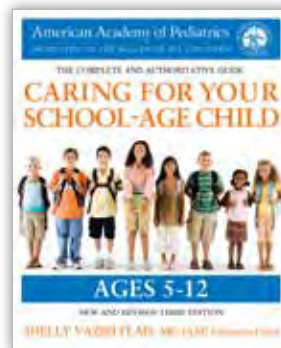
Paperback, 2018—246 pages

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, 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.

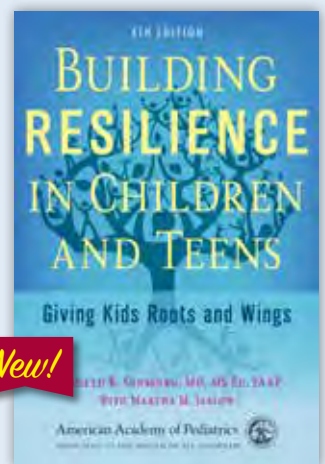
Paperback, April 2020—393 pages

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, 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**





The New Baby Blueprint

Caring for You and Your Little One

Whitney Casares, MD, MPH, FAAP

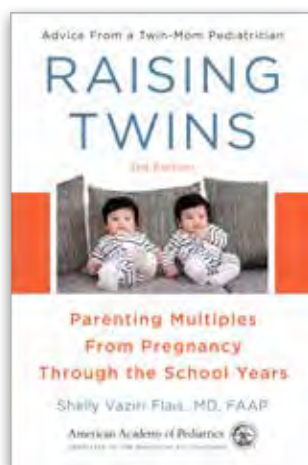
New mothers will find a modern, empathetic guide to the first few days, weeks, and months with a new baby. Pediatrician and mother of 2 young daughters, Dr Casares combines important health and safety information with honest insights from her own parenting experiences. A dual approach to baby and self-care 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.

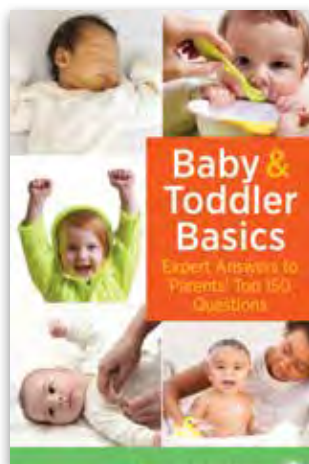
Paperback, 2019—283 pages

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

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

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- Choosing a Pediatrician
- Your Child's Growth
- Home Safety Checklist
- Car Safety Seat Checkup

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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 4.5 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

CB0115

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eBook ISBN 978-1-61002-344-3

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



SPANISH

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**



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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

CB0105

ISBN 978-1-61002-160-9

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



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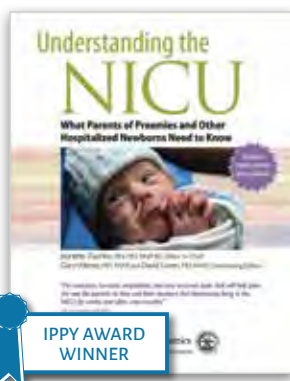
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CELEBRATING 10 YEARS



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and the one
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confidently
recommend to the
families you serve

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



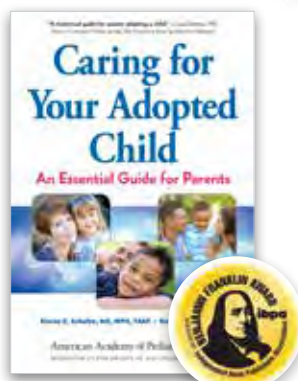
Understanding the NICU

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**



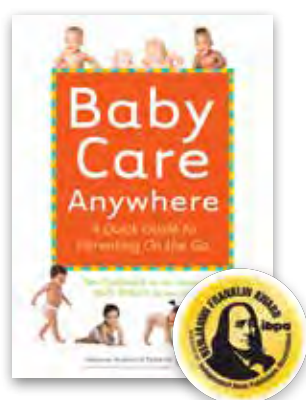
Retro Baby

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**



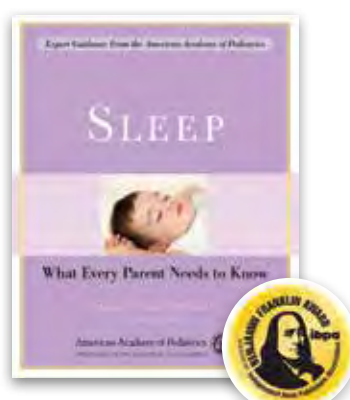
Baby Care Anywhere

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**

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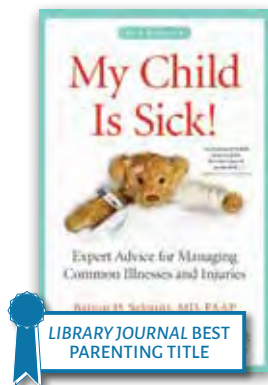
The Big Book of Symptoms

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
CBO076
Book ISBN 978-1-58110-840-8
eBook ISBN 978-1-58110-833-0
Price: \$16.95 **Member Price: \$13.95**



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
CBO097
Book ISBN 978-1-58110-988-7
eBook ISBN 978-1-58110-989-4
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
CBO110
Book ISBN 978-1-61002-264-4
eBook ISBN 978-1-61002-265-1
Price: \$16.95 **Member Price: \$13.95**



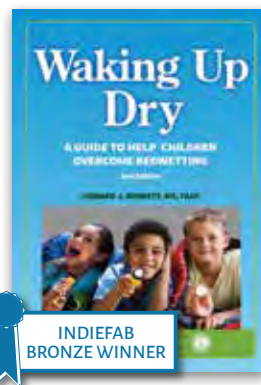
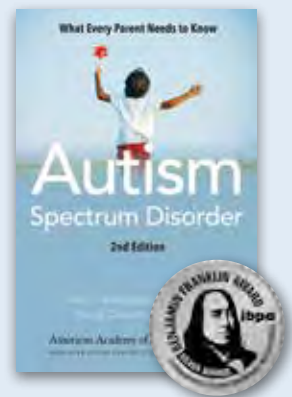
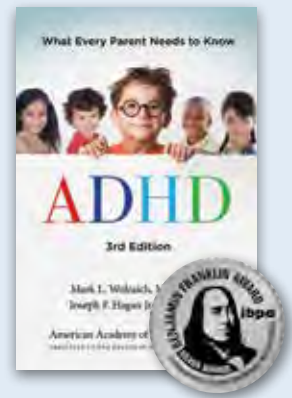
Autism Spectrum Disorder

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
CBO111
Book ISBN 978-1-61002-269-9
eBook ISBN 978-1-61002-270-5
Price: \$16.95 **Member Price: \$13.95**



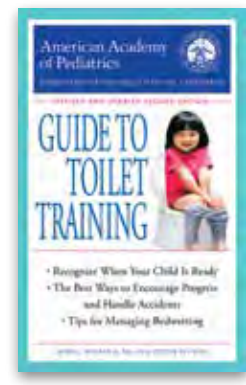
Waking Up Dry

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
CBO087
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
CBO099
ISBN 978-1-61002-062-6
Price: \$16 **Member Price: \$13**

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Family Fit Plan

A 30-Day Wellness Transformation

Natalie Digate Muth, MD, MPH, RDN, FAAP

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

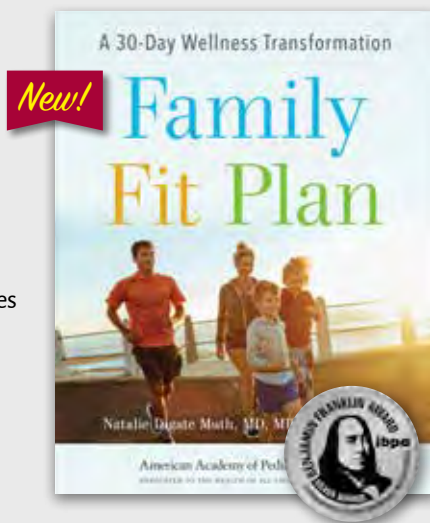
Paperback, October 2019—220 pages

CB0114

Book ISBN 978-1-61002-338-2

eBook ISBN 978-1-61002-339-9

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



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.

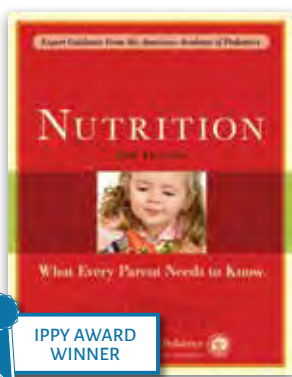
Paperback, 2016—227 pages

CB0096

Book ISBN 978-1-58110-981-8

eBook ISBN 978-1-58110-982-5

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



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.

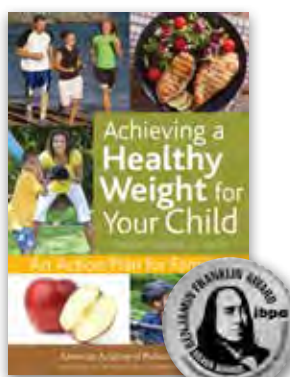
Paperback, 2011—384 pages

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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 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

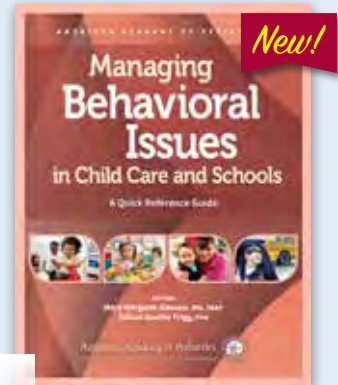
eBook ISBN 978-1-61002-371-9

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*.

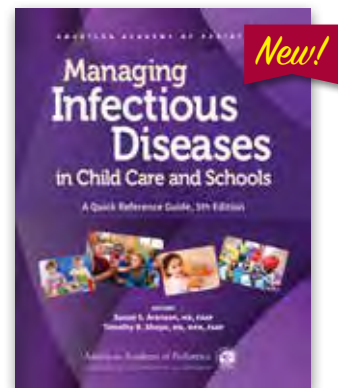
Spiral-bound, October 2019—253 pages

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

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MA0985

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Managing Chronic Health Needs in Child Care and Schools

A Quick Reference Guide, 2nd Edition

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

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

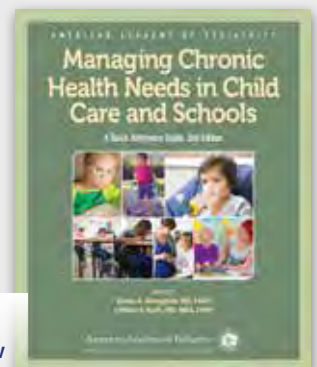
eBook ISBN 978-1-61002-176-0

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.

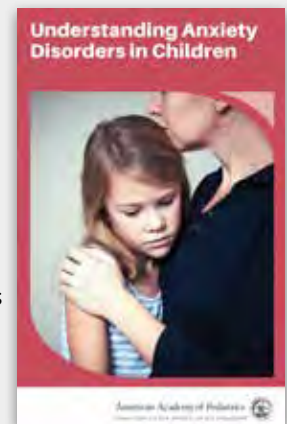
Sold in packs of 10 booklets—33 pages
English HE0413 · Spanish HE0526
Price: \$40 **Member Price: \$35**

**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.

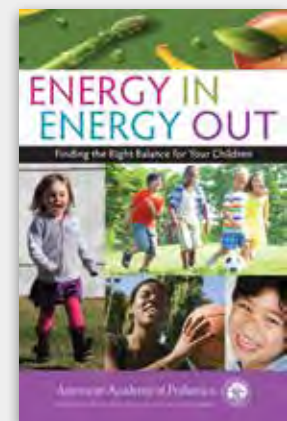
Sold in packs of 50 booklets—21 pages
English HE0169 · Spanish HE0377
Price: \$40 **Member Price: \$35**

**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
HE0536
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.

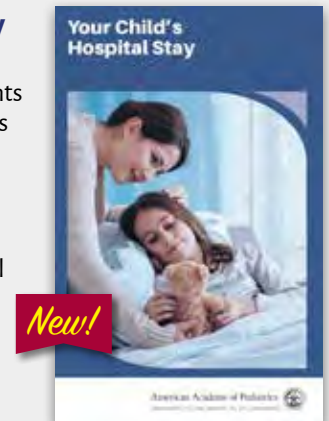
Sold in packs of 10 booklets—21 pages
HE0548
Price: \$40 **Member Price: \$35**



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
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A program of the American Academy of Pediatrics

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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
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Birth to 6 Months
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6 to 12 Months
HE0021-B

1 to 2 Years
HE0021-C

2 to 4 Years
HE0021-D

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.

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

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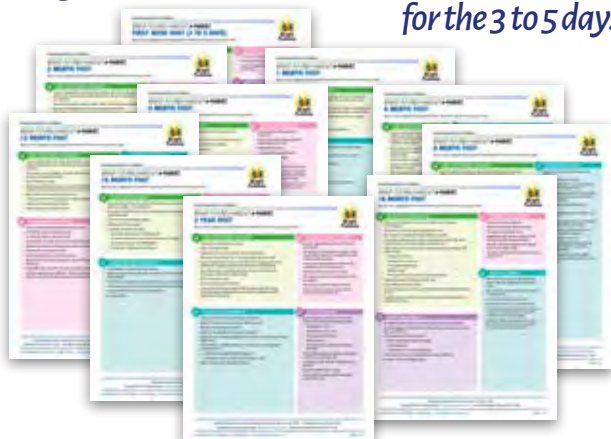
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Bright Futures Parent Handouts

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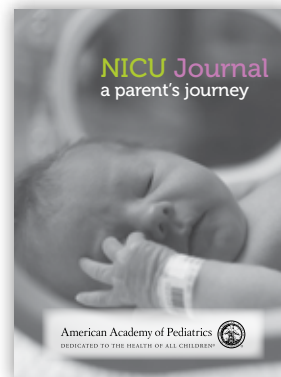


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BF0059
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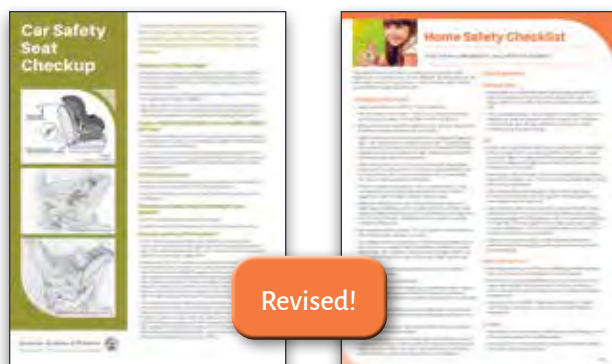


NICU Journal

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 Checklist

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

Sold in pads of 100 sheets—8½" x 11"
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Home Safety Checklist

Enables parents to identify potential safety risks inside and outdoors

Sold in pads of 100 sheets—8½" x 11"
HE0273
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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!

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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.

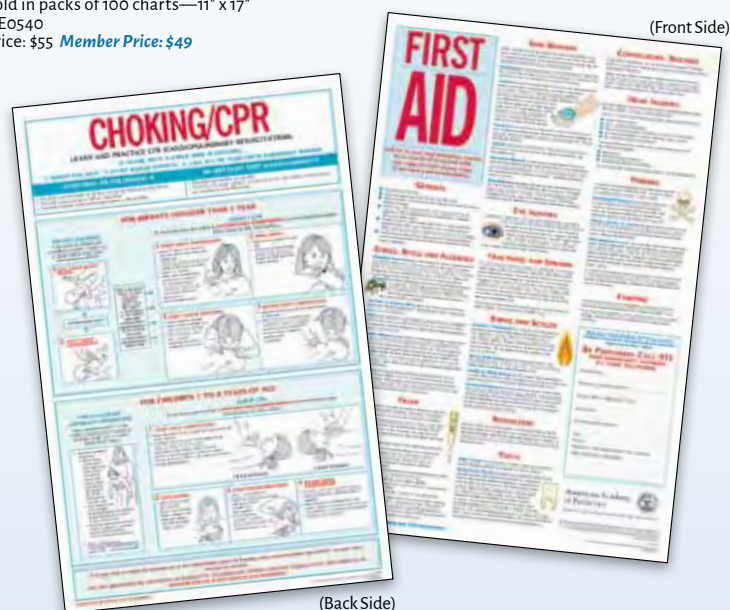
Sold in packs of 100 charts—11" x 17"
HE0540
Price: \$55 **Member Price: \$49**

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





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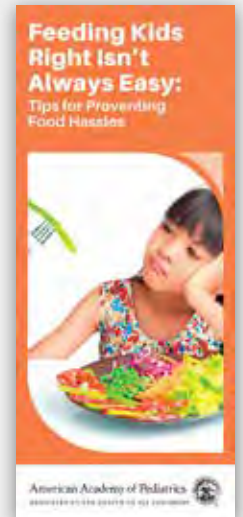
This best-selling brochure helps parents track developmental milestones of infants and children up to 6 years of age. It aligns with Bright Futures well-child visits.



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HE50368



HE50097



HE50096



HE50085



HE50380



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HE50566

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.



HE50472



HE50051



HE50120



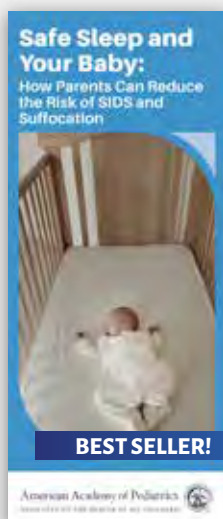
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HE50182



HE50345



HE50515



HE50234



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



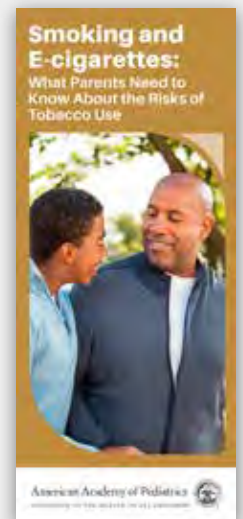
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Need a digital solution?

AAP patient education materials are also available online!

See page 21 for details.



HE50528



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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.

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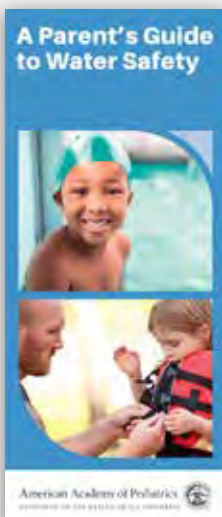
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HE50575

Antibiotics Aren't Always Needed



American Academy of Pediatrics
PEDIATRIC PATIENT EDUCATION

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
PEDIATRIC PATIENT EDUCATION

HE50106

Bronchiolitis and Your Young Child



American Academy of Pediatrics
PEDIATRIC PATIENT EDUCATION

HE50235

Common Childhood Infections



American Academy of Pediatrics
PEDIATRIC PATIENT EDUCATION

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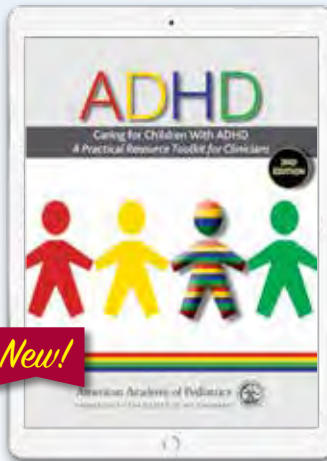
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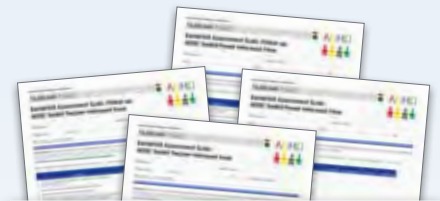
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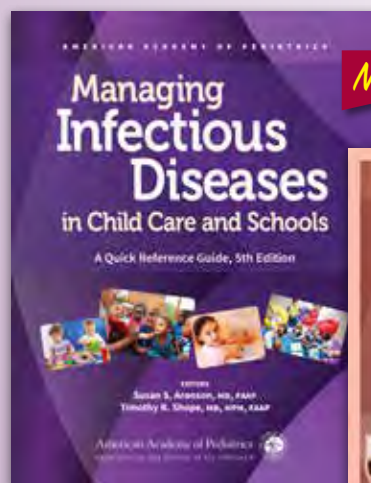
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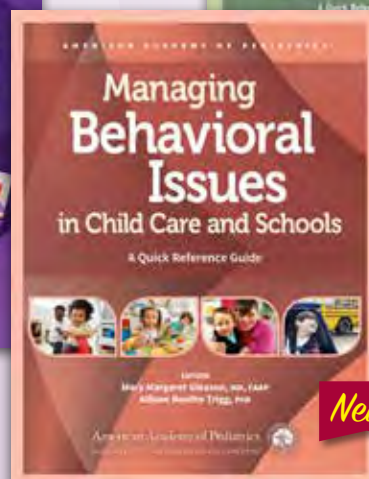
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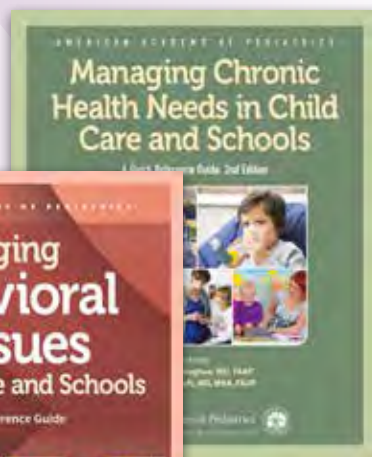
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