

Download Ebook Taking Care Of Your Child A  
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Care

# **Taking Care Of Your Child A Parent S Illustrated Guide To Complete Medical Care**

Primary Care of the Child With a Chronic Condition E-  
BookTake Care of Your ChildYour Child's  
TeethDiscipline Your ChildPreconception: Improve  
Your Health and Enhance FertilityThe Canadian  
Paediatric Society Guide to Caring for Your Child from  
Birth to Age FiveTaking Care of Your ChildThe  
Intelligent DivorceTaking Care of Your MoneyTaking  
Care of Your Child, Ninth EditionWho Is Watching Your  
Child?Caring for Your Baby and Young ChildCaring for  
Your School-age ChildYour Child's HealthThe Most  
Important Year in a Woman's LifeHelp your Child or  
Teen Get Back On TrackSolve Your Child's Sleep  
Problems: Revised EditionWhen Your Child Has a  
DisabilityCaring for Our Children: National Health and  
Safety Performance Standards; Guidelines for Early  
Care and Education ProgramsTeach Your Child  
Spanish Through Play, a Guide and Resource for  
Parents Or Spanish for Kids, Games to Help Children  
Learn Spanish Language and CultureSensational  
KidsParenting Our ParentsWhen Your Child Is  
SickParenting MattersThe Self-Care SolutionThe Ten  
Basic Principles of Good ParentingTaking Care of Your  
Child10 Days to a Less Defiant Child, second editionA  
Parent's Guide to High-Functioning Autism Spectrum  
Disorder, Second EditionCaring for Your ParentsCaring  
for Children Who Have Severe Neurological  
ImpairmentCaring for Your Adopted ChildEarliest  
Teachable MomentPriorities for Caring for Your

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ChildrenWhat To Expect The 1st Year [rev Edition]Kids' HealthChild Care that WorksSelf-Compassion for ParentsYour Child's HealthCaring for Your Baby and Young Child

## **Primary Care of the Child With a Chronic Condition E-Book**

A latest edition of a best-selling reference features a new design and expanded information on the preschooler years, in a guide that covers topics ranging from infant care and food allergies to sleeping habits and autism. Original.

## **Take Care of Your Child**

The popular, powerful guide to help parents regain control over a defiant child or teenager Occasional clashes between parents and children are not uncommon, but when defiant behavior-including tantrums, resistance to chores, and negativity-becomes chronic, it causes big problems within the family. In *10 Days to a Less Defiant Child*, family and child psychologist Dr. Jeffrey Bernstein shares a groundbreaking ten-day program to help parents understand their child's behavior and regain control of their household. In this updated edition, parents will learn how to face new challenges, including defiance resulting from excessive technology use (even to the point of addiction) and the stress of modern family life. Dr. Bernstein explains what causes defiance in kids and why it's so destructive to the family, then

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offers parents a step-by-step guide on how to reduce conflict and end upsetting behaviors.

### **Your Child's Teeth**

Provides a comprehensive guide to early child care from birth to preschool, covering topics ranging from food allergies, sleeping habits, autism and breastfeeding.

### **Discipline Your Child**

Does your child Have difficulty falling asleep? Wake in the middle of the night? Suffer sleep terrors, sleepwalking, or nighttime fears? Have difficulty waking for school or staying awake in class? Snore, wet the bed, or head bang? In the first major revision of his bestselling, groundbreaking classic since it was published twenty years ago, Dr. Richard Ferber, the nation's foremost authority on children's sleep problems, delivers safe, sound ideas for helping your child fall and stay asleep at night and perform well during the day. Incorporating new research, Dr. Ferber provides important basic information that all parents should know regarding the nature of sleep and the development of normal sleep and body rhythms throughout childhood. He discusses the causes of most sleep problems from birth to adolescence and recommends an array of proven solutions for each so that parents can choose the strategy that works best for them. Topics covered in detail include: Bedtime difficulties and nighttime wakings Effective strategies for naps Sleep schedule

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abnormalities A balanced look at co-sleeping New insights into the nature of sleep terrors and sleepwalking Problems in setting limits Sleep apnea, narcolepsy, bed-wetting, and head banging Solve Your Child's Sleep Problems offers priceless advice and concrete help for a whole new generation of anxious, frustrated, and overtired parents.

### **Preconception: Improve Your Health and Enhance Fertility**

Children's dental health involves much more than a toothbrush. Dental disease is the number one chronic childhood illness, and avoiding dental disease means paying scrupulous attention to our children's teeth. In *Your Child's Teeth*, health writers Evelina Weidman Sterling and Angie Best-Boss team up with pediatric dentists and oral health experts to answer parents' many questions about children's teeth. Topics include:

- how thumb sucking and pacifiers affect teeth
- how to brush your young children's teeth
- how to calm a child who is afraid of the dentist
- how to help special needs children get proper dental care
- how medical problems affect teeth
- how fluoride rinses and dental sealants work
- how a root canal is done
- how to make the orthodontia decision

This book will help parents help children develop good dental habits for a lifetime of healthy teeth—from baby's first tooth to the young adult's shining smile.

### **The Canadian Paediatric Society Guide to Caring for Your Child from Birth to Age Five**

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From the day babies are born, parents, educators, and other caring adults teach and model how to be safe around cars, water, fire, and people. These habits create more joy and reduce risk. Use this book to build these everyday skills and habits in order to protect young children from harm, help them develop strong relationships, and teach them skills for being safe and having fun with people.

### **Taking Care of Your Child**

Emergencies: --when to call your child's physician immediately -what to do in case of burns, bites, stings, poisoning, choking, and injuries

Common Illnesses: -when it's safe to treat your child at home -step-by-step instructions on dealing with fever, infections, allergies, rashes, earaches, croup and other common ailments

Behavior Problems: -proven strategies for colic, sleep disturbances, toilet training problems, thumbsucking, and the video game craze -no-nonsense discipline techniques for biting, temper tantrums, sibling fighting, and school refusal

Health Promotion: From Birth Through Adolescence:

-essential advice on newborn baby care, nutrition, cholesterol testing, immunizations, and sex education -ways of preventing spoiled children, picky eaters, overeating, tooth decay, accidents, and homework problems

### **The Intelligent Divorce**

The Intelligent Divorce-Book Two: Taking Care of Yourself revolves around you- the greatest asset your

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kids have. Despite the inevitable power struggles you may have with your ex, if you do the hard work of staying healthy, centered, and focused on your children's well-being, you'll be pleasantly surprised by how well they'll do. After all, they want to see their mom and dad happy, positive, and when possible communicating effectively with each other. And if you're raising your children alone, this book, along with Book One, will help you become a positive role model for your kids. We will equip you with the necessary tools to better understand your situation, handle it to the very best of your ability, and come through it not only intact but healthier, as an individual and as a parent.

### **Taking Care of Your Money**

Over 100,000 parents have found the facts they need about high-functioning autism spectrum disorder (ASD), including Asperger syndrome, in this indispensable guide. Leading experts show how you can work with your child's unique impairments--and harness his or her capabilities. Vivid stories and real-world examples illustrate ways to help kids with ASD relate more comfortably to peers, learn the rules of appropriate behavior, and succeed in school. You'll learn how ASD is diagnosed and what treatments and educational supports really work. Updated with the latest research and resources, the second edition clearly explains the implications of the DSM-5 diagnostic changes.

### **Taking Care of Your Child, Ninth Edition**

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## **Who Is Watching Your Child?**

The bestselling indispensable resource for parents and caregivers, covering more than 175 common symptoms and health care problems, to raise a healthy, happy child For more than forty years, Taking Care of Your Child has been the go-to resource for parents and caregivers. It offers the most recent information on critical childcare issues, from what to do in the event of a minor injury to everyday issues such as common allergies and ailments. Covering everything from birth to infancy and toddlerhood, to first concerns, growth and development, and the most common injuries and concerns through adolescence, Taking Care of Your Child is easy to use, even in a crisis: you can simply look up a symptom to find a complete explanation of probable causes, how to treat the problem at home, and when to see a doctor. With the very latest on ADHD, autism, breast-feeding, childhood depression and obesity, discipline, immunizations, and more, the book also features sections on youth sports and head trauma, genetic screening, and minimizing risks of medical procedures.

## **Caring for Your Baby and Young Child**

An invaluable reference for parents of sick or hospitalized children by an experienced psychosocial counselor. To many parents, it is hard to imagine a more upsetting reality than one where their child is hospitalized, severely sick, or terminally ill. In When

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Your Child is Sick, psychosocial counselor Joanna Breyer distills decades of experience working with sick children and their families into a comprehensive guide for navigating the uncharted and frightening terrain. She provides expert advice to guide them through the hospital setting, at-home care, and long-term outcomes. Breyer's actionable techniques and direct advice will help parents feel more in-control of a circumstance that has upended their life. She alerts parents to key personnel in the hospital, gives dialogue prompts to help parents ask for the help they need, addresses the needs of their other children at home, offers advice on how to best utilize friends and family who want to help, includes stories from other families who have been there, and teaches coping techniques to help both parents and children weather the stress of prolonged illness and even death. When Your Child is Sick is a valuable guide to managing the myriad practical and emotional complications of an impossible situation.

### **Caring for Your School-age Child**

Help Your Child or Teen Get Back on Track offers specific self-help interventions and a wide-ranging, practical discussion of the types of professional help available for a child or adolescent with emotional and behavioral problems. The book covers topics that would be discussed during a consultation with a child psychiatrist. The first section offers practical guidance and ideas to help parents understand their child's problems and learn to distinguish between normal disruption and that which warrants professional

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treatment. The second section of the book includes useful information for those parents who are considering, seeking, or already involved with professional help for their child. Essential reading for parents who are worried about a child or adolescent with emotional and behavioral problems, this book is also a useful resource for social workers, psychologists, school counselors, pediatricians, and adult psychiatrists.

## **Your Child's Health**

The fourth edition contains guidelines on the development and evaluation of the health and safety of children in early care and education settings. This guide features 10 chapters of more than 650 standards and dozens of appendixes with valuable supplemental information, forms, and tools. **KEY FEATURES** More than 100 updated standards and appendixes Updated appendixes, including Signs and Symptoms Chart, Recommended Immunization Schedule, and Recommendations for Preventive Pediatric Health Care Completely revised and updated topics on environmental health, infectious diseases, and nutrition **TOPICS INCLUDE** Staffing Program activities for healthy development Health promotion and protection Nutrition and food service Facilities, supplies, equipment, and environmental health Play areas and playgrounds, and transportation Infectious diseases Children with special health care needs and disabilities Administration Licensing and community action And more

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## **The Most Important Year in a Woman's Life**

## **Help your Child or Teen Get Back On Track**

There is no available information at this time.

## **Solve Your Child's Sleep Problems: Revised Edition**

Provides information on medicines, rashes, illnesses, and behavior problems common to infants and children

## **When Your Child Has a Disability**

## **Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs**

A guide to raising children covers the principles of adapting a parenting style to match a particular child's needs, establishing a structure and limits, and promoting such qualities as honesty, kindness, and independence.

## **Teach Your Child Spanish Through Play,**

## **a Guide and Resource for Parents Or Spanish for Kids, Games to Help Children Learn Spanish Language and Culture**

Discusses daily and long-term care requirements, including medication, rehabilitation, nutrition, education, and legal rights of children with disabilities.

### **Sensational Kids**

One of Canada's leading specialists on personal finance, Brian Costello has a reputation that precedes him -- his investment seminars are a huge success, his daily radio show is syndicated on over 180 stations across the country, and his columns are featured weekly in major Canadian newspapers. He is also the author of five best-selling books that have helped guide tens of thousands of Canadians to a more comfortable life and retirement. Taking Care of Your Money: Multi-Dimensional Investing that Works offers straight- forward, "kitchen-table" advice about protecting your nest egg, and maximizing your capital gains opportunities while you build for your future. Brian Costello first learned about multi-dimensional investing from his father, who left the secure world of banking to enter the uncertain world of farming, and was successful in both enterprises. His father's advice helped Brian to achieve financial independence, and in Taking Care of Your Money he passes this advice on to you. Read Taking Care of Your Money, and find out how to make your money work for you!

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## **Parenting Our Parents**

A completely revised and updated edition of this award-winning book, this sixth edition gives parents clear, practical advice on feeding, medicines, doctor visits, discipline, and all other aspects of raising a healthy child.

## **When Your Child Is Sick**

Global impairment of the central nervous system, whether stable or progressive, is often called severe neurological impairment (SNI). A child who has SNI will be cared for both by specialist clinicians and by parents at home. A parent is a child's best expert and advocate, and many parents become highly skilled in managing their child's care. This guide provides information to help parents increase their knowledge and improve their caregiving skills. In *Caring for Children Who Have Severe Neurological Impairment*, Dr. Julie M. Hauer advocates shared decision making between family caregivers and healthcare providers. She details aspects of medical care such as pain, sleep, feeding, and respiratory problems that will be particularly useful to parents. Tables and key points summarize discussions for clear, quick reference, while case studies and stories illustrate how different families approach decision making, communication, care plans, and informed consent. Parents and other caregivers will find this book to be indispensable" as will bioethicists and clinicians in pediatrics, neurology, physical and rehabilitative medicine, palliative care, and others who care for children with neurological

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and neuromuscular disorders. Dr. Hauer offers hope and practical coping strategies in equal measure.

### **Parenting Matters**

"Practical advice you can trust from the experts at AARP"--Cover.

### **The Self-Care Solution**

A "flip-over" handbook for brides and grooms presents a twelve-month plan for facing the challenges of a new marriage, from fighting fair and dealing with money matters to developing sexual intimacy and managing in-laws, in a guide complemented by encouraging and humorous anecdotes.

### **The Ten Basic Principles of Good Parenting**

More than ever, people are living longer, and adult children are thrust into the role of parent to their own parents. This work provides new tools and positivity for the 75 million Americans struggling with how to respond to the practical and emotional challenges of suddenly being in charge of aging or ailing parents.

### **Taking Care of Your Child**

The companion volume to the best-selling Caring for Your Baby and Young Child offers up-to-date, detailed information and advice on the central emotional, physical, and behavioral issues involved in raising pre-

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adolescent children. Original. 25,000 first printing.

## **10 Days to a Less Defiant Child, second edition**

Criteria for assessing quality child care as well as tips for financing, coping with guilt and separation anxiety, and a directory of national and state child care and advocacy agencies.

## **A Parent's Guide to High-Functioning Autism Spectrum Disorder, Second Edition**

Combining the thoughtful and expert narrative of a veteran mom of four children with the voices of hundreds of moms she surveyed, *The Self-Care Solution* offers insightful answers to poignant questions about how mothers take care of themselves, their relationships, and their jobs while raising their children—and how they don't. Here, mothers reveal their struggles with self-care, and the consequences of neglecting themselves and their relationships, and share successful strategies to combat these issues. Each chapter also includes reflective self-assessment questions for mothers to gauge where they are from a self-care standpoint, as well as lists of tried and true tools they can employ to achieve more balance, and ultimately more satisfaction, within themselves and in their relationships. Inspirational yet practical, *The Self-Care Solution* will dramatically impact women who are navigating the critical responsibility of motherhood

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while attempting to stay true to themselves.

### **Caring for Your Parents**

"I yelled at the kids again--and feel so ashamed." "I barely have time to shower, let alone exercise; no wonder I'm so out of shape." "I'm just not the dad I hoped I would be." Parenting is hard. That's why self-compassion is so important. In this empathic resource, mindfulness expert and psychologist Susan M. Pollak helps you let go of constant self-judgment and treat yourself with the same kindness and caring you strive to offer your kids. Simple yet powerful guided meditation techniques (most under three minutes long) are easy to practice while doing the dishes, driving to work, or soothing a fussy baby. Learn to respond to your own imperfections like a supportive friend, not a harsh critic. You will find yourself happier and more energized--and will discover new reserves of patience and appreciation for your kids.

### **Caring for Children Who Have Severe Neurological Impairment**

Taking Care of Your Child offers the most recent information on obesity, behavioral issues, and other critical health concerns, along with updated immunization schedules and new material on complementary and alternative medicine. Taking Care of Your Child is easy to use, even in a crisis. Parents can look up a symptom to find a complete explanation of probable causes, how serious they are,

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and how to relieve the problem at home. Easy-to-follow decision charts show exactly when to take a child to see a doctor. Covering more than 100 common complaints—like injuries, allergies, and childhood diseases—and with especially clear advice on handling emergencies, it is the indispensable guide for parents.

### **Caring for Your Adopted Child**

The definitive Canadian resource from the leading association on child health & development Paediatrician Dr. Diane Sacks and the CPS have compiled the most current information relating to child health and development. This guide empowers parents to make informed decisions about their child's well-being by laying out the information in an engaging and informative way. Emphasis is placed on health, development, injury prevention and nutrition. Organized into age-specific sections, the book features a modular format that allows parents or caregivers to jump in and out with just the information they need. Clear instructions are given to help parents assess the severity of a situation or condition, with guidelines that recommend "mention at the next Dr.'s appt.," "make an appt. to see the Dr.," or "proceed to the clinic or emergency room immediately." This type of easy-to-apply advice will make this a "go to" resource for generations to come. The book includes the most up-to-date information on: Preparing for your baby's arrival The role of the parent in caring for your child's health The Canadian Health Care System: dealing with the system and

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your role as a parent in getting the best care Growth and Development charts A detailed section on children's mental health The Canadian Paediatric Society (CPS) has been working for children since 1922. Today more than 2,000 paediatricians from across Canada belong to the CPS.

### **Earliest Teachable Moment**

Teach Your Child Spanish Through Play is a valuable resource for parents, home educators and teachers which includes tips for parents who don't speak the language, creative games and activities that cater to each learning style, a guide to teaching culture, ideas for building and maintaining bilingual communities through playgroups and language clubs as well as a voluminous resource directory. This book is a must have for anyone who wants to teach a child Spanish language and culture.

### **Priorities for Caring for Your Children**

Written by nurse practitioners for nurse practitioners, this one-of-a-kind resource provides the expert guidance you need to provide comprehensive primary care to children with special needs and their families. It addresses specific conditions that require alterations in standard primary care and offers practical advice on managing the major issues common to children with chronic conditions. A consistent format makes it easy to locate essential information on each condition. Plus, valuable resources help you manage the issues and gaps in

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health care coverage that may hinder quality care. This is the only book authored by Nurse Practitioners that focuses on managing the primary health care needs of children with chronic conditions. More than 60 expert contributors provide the most current information available on specific conditions. Comprehensive summary boxes at the end of all chronic conditions chapters provide at-a-glance access to key information. Resource lists at the end of each chronic condition chapter direct you to helpful websites, national organizations, and additional sources of information that you can share with parents and families. Updated references ensure you have access to the most current, evidence-based coverage of the latest research findings and management protocols. Four new chapters — Celiac Disease, Eating Disorders, Muscular Dystrophy, and Obesity — keep you up to date with the latest developments in treating these conditions. Autism content is updated with the latest research on autism spectrum disorders, including current methods of evaluation, identification, and management. Coverage of systems of care features new information on how to help families obtain high-quality and cost-effective coordinated services within our complex health care system. Easy-to-find boxes in the chronic conditions chapters summarize important information on treatment, associated problems, clinical manifestations, and differential diagnosis.

### **What To Expect The 1st Year [rev Edition]**

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Decades of research have demonstrated that the parent-child dyad and the environment of the family—which includes all primary caregivers—are at the foundation of children's well-being and healthy development. From birth, children are learning and rely on parents and the other caregivers in their lives to protect and care for them. The impact of parents may never be greater than during the earliest years of life, when a child's brain is rapidly developing and when nearly all of her or his experiences are created and shaped by parents and the family environment. Parents help children build and refine their knowledge and skills, charting a trajectory for their health and well-being during childhood and beyond. The experience of parenting also impacts parents themselves. For instance, parenting can enrich and give focus to parents' lives; generate stress or calm; and create any number of emotions, including feelings of happiness, sadness, fulfillment, and anger. Parenting of young children today takes place in the context of significant ongoing developments. These include: a rapidly growing body of science on early childhood, increases in funding for programs and services for families, changing demographics of the U.S. population, and greater diversity of family structure. Additionally, parenting is increasingly being shaped by technology and increased access to information about parenting. Parenting Matters identifies parenting knowledge, attitudes, and practices associated with positive developmental outcomes in children ages 0-8; universal/preventive and targeted strategies used in a variety of settings that have been effective with parents of young children and that support the identified knowledge,

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attitudes, and practices; and barriers to and facilitators for parents' use of practices that lead to healthy child outcomes as well as their participation in effective programs and services. This report makes recommendations directed at an array of stakeholders, for promoting the wide-scale adoption of effective programs and services for parents and on areas that warrant further research to inform policy and practice. It is meant to serve as a roadmap for the future of parenting policy, research, and practice in the United States.

### **Kids' Health**

Whether a child joins a new family through domestic adoption, international adoption, or foster care, he or she may have needs that require special consideration. This comprehensive resource offers trusted parenting advice for all adoption situations from the American Academy of Pediatrics, with a focus on the mental and physical wellbeing of the children. The coauthors, both adoptive parents, weave their personal experiences with essential information on: preparing a child to join a family, coping with the changes adoption brings for a new child and other family members, partnering with a pediatrician before adoption, dealing with health issues and conditions more prevalent in children who are adopted, fostering a child's emotional health and encouraging attachment, and talking about adoption.

### **Child Care that Works**

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Revised and updated—the authoritative bestseller that presents the latest research on Sensory Processing Disorder. Sensory Processing Disorder is an increasingly common diagnosis, with a wide range of symptoms that can be difficult for parents and pediatricians to identify. In *Sensational Kids*, internationally renowned expert Dr. Miller shares her more than forty years of experience and research findings on SPD. Now in its fourteenth printing, with more than 50,000 copies sold in all formats, it is an authoritative and practical guide to understanding and treating this little-understood condition. Newly updated, this revised edition will include the latest research on SPD's relationship to autism, as well as new treatment options and coping strategies for parents, teachers, and others who care for kids with SPD. Other topics include: The signs and symptoms of SPD Its four major subtypes How the disorder is diagnosed and treated sensory strategies to help SPD kids develop, learn and succeed, in school and in life.

### **Self-Compassion for Parents**

*Pregnancy, Childbirth, and the Newborn* is one of the bestselling and most comprehensive books about pregnancy, childbirth, and newborn care on the market. Now completely updated, expanded, and redesigned, this authoritative book is the “bible” for expectant parents and childbirth educators. Here is a free sample chapter for you! In this chapter, "Preconception: Improve Your Health and Enhance Fertility", you'll learn about:

- Emotional wellness
- Health
- Health care
- Hazards
- Enhancing fertility

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and the odds of conception • Concerns about infertility • Planning ahead: maternity care choices If you like this sample chapter, look for *Pregnancy, Childbirth, and the Newborn*. The Award-Winning Resource Recommended by Experts & Loved by Parents Parents love this book because it puts them in control by explaining a wide range of options, information, and questions to ask, so parents can find what works best for their health situation, personal goals, and priorities. Experts love this book because it's based on the latest medical research and recommendations from leading health organizations. It's practical—rooted in the real-life experiences of new families. The five authors bring a combined total of 150 years of experience working with expectant and new families as educators, nurses, counselors, doulas, physical therapists, and lactation consultants. They have attended hundreds of births, heard thousands of birth stories, and assisted innumerable new parents in adapting to their new lives. Not only that, the authors have a combined total of 12 children and 12 grandchildren. All of this experience allows them to write with compassion, understanding, and wisdom based on what really works in the real-world of parenting. The companion website offers even more details on select subjects, including lists of all the best resources on each topic and worksheets to guide parents' decision-making process. The website also includes a bonus chapter on pre-conception, which provides ways to improve your health and fertility before pregnancy begins.

### **Your Child's Health**

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UNLEASH THE POTENTIAL OF YOUR CHILD THROUGH DISCIPLINE Every parent, guardian or individual must have this book. Discipline Your Child is a book that encompasses the ABCs of discipline, its meaning and importance. It is a step by step guide that teaches parents how to instill discipline in their child. A child must possess certain values, attitudes or skills for him to be successful in life. Each is thoroughly explained and a step by step guide is provided for the implementation. Many true-to-life experiences are shared. Knowing your childs learning style and learning how to motivate him is an essential part in the growth process. Also, parents may experience several problems when instilling discipline. Every problem is explained and a possible solution is presented. Once you have embarked on the discipline process, you will see some transformation in your childs behavior. Your childs potential will slowly be unleashed. Initially, the improvement may be slow. After some time, you will see the transformation of your childs behavior. Over time, he will learn to be responsible and independent. This will help him become a successful person. Teacher Laxmi, the author, went through her own process of being disciplined. She tried to understand what her students were experiencing and wanted to experience the same thing. In the process, she grew as a person. She became more responsible and independent. After discovering the discipline process, she realized that it was important for her to share her experiences with everyone. Happy Reading!

### **Caring for Your Baby and Young Child**

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With over 7 million copies sold worldwide, WHAT TO EXPECT THE 1st YEAR is one of the world's bestselling books on infant care - and it has now been updated and revised throughout by Heidi Murkoff. This comprehensive and practical month-by-month guide clearly explains everything parents need to know - or might be worrying about - in the first year with a new baby. The book covers monthly growth and development, feeding for every age and stage, and sleep strategies that really work. It is filled with the most practical tips (how to give a bath, decode your baby's crying, what to buy for baby, and when to return to work) and the most up-to-date medical advice (the latest on vaccines, vitamins, illnesses, SIDS, safety, and more). Featuring dozens of Q&A sections, as well as a first-aid guide and charts on monthly growth and development, feeding and sleeping habits, this is the only book on infant care to address both the physical and the emotional needs of the whole family. Covering the most up-to-date knowledge, both medical and developmental, WHAT TO EXPECT THE 1st YEAR is, above all, down-to-earth and reassuring - and an invaluable aid for all parents of new babies.

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