



# American Medical Association Complete Guide to Your Children's Health

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Whether you're cradling your newborn just home from the hospital, child-proofing your home for your toddler, taking your preschooler for vaccinations, coping with your child's first trip to the emergency room, or trying to answer your teen-ager's pressing health questions, the American Medical Association Complete Guide to Your Children's Health is the one volume you'll turn to over and over again. It's the most comprehensive guide ever available to address the health needs of children from infancy through adolescence; in fact, it's really three books in one.

Part I covers "Your Healthy Child From Birth Through Adolescence." The chapter on newborns (birth to 3 months) tells you what you need to know about feeding your baby; solving sleep problems; changing, bathing, and dressing your baby; and recognizing critical signposts of growth and development. The chapter on infants (3 to 12 months) covers continuing developmental milestones, explains how your baby learns language, and offers advice on how to cope with your child's changing needs in terms of nutrition, sleep, and exercise. If you have a toddler (1 to 3 years), you'll learn about toilet training; emotional, social, and intellectual development; how to establish loving discipline and how to encourage your child's communication skills. The chapter on preschoolers (3 to 5 years) explains the exciting developments that occur during this stage of rapid intellectual and emotional growth. The chapter on school-age children (5 to 11 years) addresses how to help kids succeed in school and resist cigarettes and alcohol and other drugs. The chapter on preteens and adolescents (11 to 21 years) explains puberty, body image, self-care, healthy sexuality, and more.

In Part 2, "Caring for Your Child's Health," you'll get good advice on finding quality child care, whether you're choosing a nanny, family day care, a day-care center, or an after-school program. You'll learn how to select the right pediatrician and what vaccinations, routine tests and screenings, and dental care your child will need as he or she grows. You'll learn how to baby- and child-proof your home, care for a sick child, and nurture your child's emotional health. Finally, you'll learn how to help a child with special health needs.

Part 3 is an exhaustive medical encyclopedia that offers detailed information on more than 300 childhood diseases and disorders. A concise, clearly illustrated guide to first aid shows you how to perform CPR and handle emergencies from shock, choking, and poisoning to burns, bites, and broken bones.

Is it a stuffy nose or something more serious? Twenty symptoms charts in a clear question-and-answer format help you find the possible causes of many common childhood symptoms (e.g., crying, fever, feeding problems, sleep problems, earache), either directing you to other parts of the book for more detailed information, advising you about treating the problem at home, or recommending medical attention for your child. A full-color atlas of the human body will help you understand how your child's body works. A full-color diagnostic skin-rash chart will help you decide whether it's chickenpox, poison ivy, or hives.

Profusely illustrated with more than 350 photographs, drawings, and charts, this highly readable volume is the closest thing to a pediatrician on call and an indispensable guide for every concerned parent.

The American Medical Association's bestselling health library includes the AMA Encyclopedia of Medicine; the AMA Family Medical Guide, third edition; the AMA Complete Guide to Women's Health; the AMA Guide to Your Family's Symptoms; and the AMA Handbook of First Aid and Emergency Care.

Everything you need to know about your child's health--from infancy through adolescence--in one reliable and thorough volume

The American Medical Association, the country's most renowned health authority, has created the most comprehensive one-volume guide to children's health ever. Here's a sampling of what you'll find inside:

Special chapters on newborns (birth to 3 months), infants (3 to 12 months), toddlers (1 to 3 years), preschoolers (3 to 5 years), school-age children (5 to 11 years), and preteens and adolescents (11 to 21 years), including exciting new information about brain development

Complete safety guidelines on baby- and child-proofing your home, sports protective equipment, protecting children from crime and abuse, and more

A full-color atlas of a child's body that illustrates each body system

A full-color diagnostic skin-rash chart so you can tell whether it's measles or eczema

A first-aid and emergency-care guide, with easy-to-follow instructions and clear illustrations to refresh your knowledge of CPR and help you handle everything from shock, burns, and eye injuries to broken bones, poisoning, and nosebleeds

More than 20 symptoms charts to help you determine what the problem is and whether you can treat it at home, need to see the doctor, or should seek emergency help

A medical encyclopedia that covers more than 300 childhood diseases and disorders

A comprehensive chapter on how to help children with special health needs

Growth charts and immunization schedules, plus everything you need to know about routine tests and screenings, dental health, preventing injuries, feeding your child healthfully, finding the right child care, and much, much more

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