

Pointers For Parents & Expectant Parents

Making Parenting Feel More Like Child's Play

(NAPSA)—How much should your baby weigh? Why won't your toddler behave? What's the difference between a child with a cold and one who needs medical attention? While it may be next to impossible to answer every question a parent might have, there are some publications that are perfect for helping new parents and parents-to-be know what to expect during their babies' first few years.

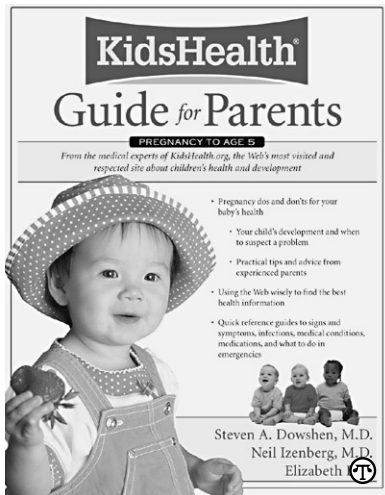
The books can help give new and expectant parents some in-depth—and often calming—answers to a number of common questions.

For example, *KidsHealth Guide For Parents: Pregnancy to Age 5* (Contemporary Books, \$19.95) is over 800 pages of medically sound information parents can use to better understand and help their young children.

The book's authors, Steven A. Dowshen, M.D. and Neil Izenberg, M.D. are chief medical editor and editor in chief, respectively, of the popular KidsHealth.org website and are board-certified pediatricians. The book is based in part on surveys from parents and parents-to-be, asking what information they needed in a publication and what they liked and disliked about other parenting books. The book also highlights personal parenting stories in sections called "Voices of Experience."

Topics include:

- Advice for a healthy pregnancy and the essentials of newborn care.



Parenting books can help parents and parents-to-be answer a number of important questions about their children's health.

- Information on what's "normal" in a newborn and when to be concerned.

- Facts about immunizations and on finding a doctor who's good for the child and parent.

- A reference section on symptoms, what they mean and when to call a doctor, as well as how to handle common emergencies.

- Fast access to facts about common—and not-so-common—childhood infections.

- Behavior and discipline issues.

- A growth and body-mass index chart with the latest national standards.

For more information, visit www.KidsHealth.org.