PEDiatric Patient Education
A comprehensive library of trusted health information for parents/patients covering birth through young adulthood from the American Academy of Pediatrics (AAP). Here is a list of handouts featured in the core library.

1. Acne: How to Treat and Control It*
2. Acute Ear Infections and Your Child*
3. Adoption: Guidelines for Parents*
4. Air Bag Safety*
5. Alcohol and Your Child*
6. Allergies in Children*
7. Anaphylaxis*
8. Anemia and Your Young Child*
9. Anesthesia and Your Child: Information for Parents*
10. Anesthesia and Your Child: The Day of the Procedure*
11. Antibiotics and Your Child*
12. Asthma and Your Child*
13. Baby Walkers*
14. Back to Sleep, Tummy to Play*
15. Bedwetting*
16. Beyond Screen Time: A Parent’s Guide to Media Use*
17. Born Early (Preterm): At the Hospital
18. Born Early (Preterm): Health Concerns
19. Breastfeeding Your Baby: Getting Started*
20. Brief Resolved Unexplained Event: What Parents and Caregivers Need to Know*
21. Bronchitis and Your Young Child*
22. Calcium and You*
23. Car Safety Seat Checkup*
24. Car Safety Seats (guide & list)*
25. Care of the Uncircumcised Penis*
26. Chickenpox Vaccine, The*
27. Child Sexual Abuse*
28. Childproofing Your Home*
29. Choking Prevention and First Aid*
30. Choosing Quality Child Care*
31. Circumcision*
32. Cocaine*
33. Common Childhood Infections*
34. Constipation and Your Child*
35. Constipation and Your Young Child*
36. Croup: When Your Child Needs Hospital Care*
37. Crying and Your Baby: How to Calm a Fussy or Colicky Baby*
38. Dangers of Secondhand Smoke*
39. Deciding to Wait*
40. Decorative Contact Lenses: What Teens and Parents Need to Know*
41. Diabetes and Your Child*
42. Divorce and Children*
43. Eating Disorders: Anorexia and Bulimia*
44. Eczema (Atopic Dermatitis)*
45. Encourage Your Child to Be Physically Active*
46. Febrile Seizures*
47. Feeding Kids Right Isn’t Always Easy: Tips for Preventing Food Hassles*
48. Fever and Your Child*
49. Fifth Disease*
50. Food Allergies and Your Child*
51. For Today’s Teens: A Message From Your Pediatrician*
52. Fun in the Sun: Keep Your Family Safe*
53. Gambling: Not a Safe Thrill*
54. Gastroenteritis: When Your Child Needs Hospital Care*
55. Gay, Lesbian and Bisexual Teens: Facts for Teens and Their Parents*
56. Gay, Lesbian or Bisexual Parents: Information for Children and Parents*
57. Get Fit, Stay Healthy*
58. Growing Up Healthy: Fat, Cholesterol, and More*
59. Guide to Children’s Dental Health, A*
60. Guide to Your Child's Medicines, A*
61. Haemophilus Influenzae type b*
62. Hand-Foot-and-Mouth Disease*
63. Healthy Care for College Students*
64. Healthy Communication With Your Child*
65. Helping Your Child Cope With Life*
66. Helping Your Child Cope With Death*
67. Helping Your Child Cope With Life*
68. Hepatitis A Vaccine*
69. Hepatitis C*
70. Hip Dysplasia*
71. Home Drug Testing*
72. Home Safety Checklist*
73. How to Prevent Tooth Decay in Your Baby*
74. HPV (Human papillomavirus)*
75. Imaging and Medical Radiation Safety*
76. Imaging Tests: A Look Inside Your Child’s Body*
77. Immunizations*
78. Important Information for Teens Who Get Headaches*
79. Important Information About Preventing Brain Injuries in Infants*
80. Inhaled and Intranasal Corticosteroids*
81. Internet and Your Family, The*
82. Is Your Toddler Communicating With You?*
83. Jaundice and Your Newborn*
84. Hepatitis B Vaccine*
85. Keep Your Family Safe: Fire Safety and Burn Prevention at Home*
86. Know the Facts About HIV and AIDS*
87. Lactose Intolerance and Your Child*
88. Lawn Mower Safety*
89. Lead is a Poison*
90. Learning Disabilities*
91. Lyme Disease*
92. Making Healthy Decisions About Sex*
93. Marijuana*
94. Media History (questionnaire)*
95. Medicine and the Media: How to Make Sense of the Messages*
96. Medicines for ADHD: Questions From Teens*
97. Meningococcal Disease: Information for Teens and College Students*
98. Message to Parents of Teen Drivers, A*
99. Middle Ear Fluid and Your Child*
100. Minor Head Injuries in Children*
101. Molluscum Contagiosum*
102. More Fiber for Your Children? Yes! Here’s Why and How.*
103. Newborn Hearing Screening and Your Baby*
104. Nursemaid’s Elbow*
105. Parent’s Guide to Complementary and Integrative Medicine, A*
106. Parent’s Guide to Head Lice*
108. Parent’s Guide to Pets, A*
110. Parent’s Guide to Toy Safety, A*
111. Parent’s Guide to Water Safety, A*
112. Pelvic Exam, The*
113. Playground Safety*
114. Pneumococcal Infections*
115. Pneumonia and Your Child*
116. Protect Your Child From Poison*
117. Protect Yourself and Help Protect Your Baby: Information for New Moms on the Tdap Vaccine*
118. Protecting Your Baby From Abuse: Important Information About Preventing Brain Injuries in Infants*
119. Puberty: Ready or Not Expect Some Changes*
120. Raw Milk: What You Need to Know*

*Available in Spanish | Information subject to change
Last updated September 2017 | Page 1 of 4
Pediatric Patient Education
Expert advice from the American Academy of Pediatrics

121. Ratings: Making Healthy Media Choices*
122. Respiratory Syncytial Virus*
123. Responding to Children’s Emotional Needs During Times of Crisis*
124. Right From the Start: ABCs of Good Nutrition*
125. Risks of Tobacco Use, The*
126. Safe Sleep and Your Baby: How Parents Can Reduce the Risk of SIDS and Suffocation*
127. Safety of Blood Transfusions*
128. Scabies
129. School Health Centers and Your Child*
130. Seasonal Influenza*
131. Should My Child Join a Clinical Trial?*
132. Sibling Relationships*
133. Single Parenting*
134. Sinusitis and Your Child*
135. Sleep Apnea and Your Child*
136. Sleep Problems in Children*
137. Smokeless Tobacco*
138. Sports and Your Child*
139. Starting Solid Foods*
140. Strep Throat*
141. Steroids: Play Safe, Play Fair*
142. Stressed? Read This.*
143. Students With Chronic Health Conditions: Guidance for Families, Schools, and Students*
144. Substance Abuse Prevention*
145. Talking With Your Teen About Sex*
146. Talking With Your Young Child About Sex*
147. Tattooing and Body Piercing*
148. Teen Suicide, Mood Disorder, and Depression*
149. Temper Tantrums: A Normal Part of Growing Up*
150. Thumbs, Fingers, and Pacifiers*
151. Tips for Healthy Families: More and Less*
152. Tips for Parents of Adolescents*
153. Tobacco: Straight Talk for Teens*
154. Toilet Training*
155. Tonsils and the Adenoid*
156. Trampolines*
157. Treating Your Child’s Pain: Medical Procedures*
158. Treating Your Child’s Pain: Surgery*
159. Type 2 Diabetes: Tips for Healthy Living*
160. Understanding ADHD: Information for Parents*
161. Understanding Autism Spectrum Disorder (ASD): An Introduction*
162. Urinary Tract Infections in Young Children*
163. What is ADHD? Questions From Teens*
164. What is Clean Intermittent Catheterization?*
165. What’s To Eat? Healthy Foods for Hungry Children*
166. Whooping Cough*
167. You and Your Pediatrician*
168. Your Baby’s Head Shape: Information for Parents on Positional Skull Deformities*
169. Your Baby’s First Steps*
170. Your Child and the Environment*
171. Your Child’s Eyes*
172. Your Child’s Growth: Developmental Milestones*
173. Your Child’s Mental Health: When To Seek Help and Where to Get Help*
174. Your Family’s Mental Health: 10 Ways to Improve Mood, Naturally*

**EXTENDED LIBRARY**

The Extended Library includes access to booklets and posters published by the AAP. It may also include publications developed in collaboration with other organizations.

1. Breastfeeding (booklet)*
2. Family Media Use (poster)*
3. First Aid/Choking/CPR chart*
4. How to Measure Liquid Medicine for Your Child (poster)*
5. Understanding ASD (booklet)*
6. Understanding ADHD (booklet)*
7. Zika Virus: Pediatrician Advice for Families (infographic)

**AUTISM SPECTRUM DISORDERS FAMILY HANDOUTS**

1. Behavioral Challenges
2. Discussing the Diagnosis of Autism Spectrum Disorders (ASDs) With Your Child
3. Early Intervention Services
4. Emergency Information Form for Children With Autism Spectrum Disorders (ASDs)
5. Financial Assistance and Related Programs for Families
6. Gastrointestinal Problems
7. Guardianship
8. Health Care Transition: Moving From Adolescence to Adulthood
9. Inclusion: Elementary School
10. Inclusion: Middle and High School
11. Intervention Approaches Used for Children With Autism Spectrum Disorders
12. Introduction to Complementary and Alternative Medicine
13. Lab Tests
14. Medications and Your Child
15. Nutrition and Eating Problems
16. School-based Services
17. Seizures and Epilepsy
18. Sibling Issues
19. Sleep Problems
20. Talking About Sexuality for Parents of Teens With Autism Spectrum Disorders
21. Teaching Social Skills
22. The Medical Home for Children With Autism Spectrum Disorders (ASDs)
23. Toilet Training
24. Vaccines
25. Visiting the Doctor
26. Wandering Off (Elopement)

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Web site: www.patiented.aap.org
E-mail: patiented@aap.org
BRIGHT FUTURES WELL-CHILD VISITS

1. Parent Handout 2 to 5 day (First Week)
2. Parent Handout 1 Month
3. Parent Handout 2 Month
4. Parent Handout 4 Month
5. Parent Handout 6 Month
6. Parent Handout 9 Month
7. Parent Handout 12 Month
8. Parent Handout 15 Month
9. Parent Handout 18 Month
10. Parent Handout 2 Year
11. Parent Handout 2 1/2 Year
12. Parent Handout 3 Year
13. Parent Handout 4 Year
14. Parent Handout 5 and 6 Year
15. Parent Handout 7 and 8 Year
16. Parent Handout 7 and 8 Year
17. Parent Handout 9 and 10 Year
18. Parent Handout 9 and 10 Year
19. Parent Handout Early Adolescent (11-14 years)
20. Parent Handout Early Adolescent (11-14 years)
21. Parent Handouts 15 and 17 Year
22. Parent Handout 15 to 17 Years
23. Parent Handout 18 to 11 Years

CARE OF THE YOUNG ATHLETE

Injury Prevention
1. ACL Injuries
2. Ankle Sprain Treatment
3. Burns and Stingers
4. Concussions
5. Core Exercises
6. Little League Elbow
7. Orthotics
8. Osgood-Schlatter Disease
9. Patellarfemoral Pain Syndrome
10. Sever's Disease
11. Shin Pain
12. Skin Conditions and Sports Participation
13. Sports Medicine Professionals
14. Stress Fractures
15. Shoulder Impingement
16. Treatment of Sports Injuries
17. Use of Ice and Heat
18. Use of Medicines
19. When is an Athlete Ready to Return to Play?
20. When to See the Doctor

Sports
1. Ballet and Dance
2. Baseball and Softball
3. Basketvball and Volleyball
4. Biking
5. Cheerleading
6. Diving
7. Figure Skating
8. Football
9. Golf
10. Gymnastics

11. Horseback Riding
12. Ice Hockey
13. Lacrosse
14. Martial Arts
15. Racquet Sports
16. Rowing
17. Running
18. Skateboarding and In-line Skating
19. Skiing and Snowboarding
20. Soccer
21. Swimming
22. Water Polo
23. Wrestling

Training Issues
1. Aerobic Training
2. Asthma and Exercise
3. Exercise-Related Heat Illness
4. Female Athlete Triad, The
5. How to Prevent Overuse Injuries
6. Is Your Child Ready for Sports?
7. Nutrition and Supplement Use
8. Performance-Enhancing Supplements
9. Physical Activity: Creating a FIT Plan
10. Physical Activity: Overcoming Obstacles
11. Safe Weight Loss and Weight Gain
12. Strength Training

CONNECTED KIDS: Safe, Strong, Secure

• Implementation Guide (Violence Prevention)
  1. Bullying: It's Not OK*
  2. Connecting With Your Community
  3. Everybody Gets Mad: Helping Your Child
  Cope With Conflict
  4. Drug Abuse Prevention
  5. Expect Respect: Healthy Relationships*
  6. Friends Are Important: Tips for Parents
  7. Growing Independence: Tips for Parents
  of Young Children
  8. Help Stop Teenage Suicide
  9. How Do Infants Learn?*
  10. Next Stop Adulthood: Tips for Parents
  11. Parenting Your Infant*
  12. Playing is How Toddlers Learn
  13. Pulling The Plug On TV Violence
  14. Staying Cool When Things Heat Up
  15. Talking With Your Teen: Tips for Parents
  16. Teaching Good Behavior: Tips on How to
  Discipline
  17. Teen Dating Violence: Tips for Parents
  18. Teen Suicide and Guns
  19. Welcome to the World of Parenting
  20. Young Children Learn a Lot When They Play
  21. Your Child is on the Move: Reduce the Risk of
  Gun Injury*

MANAGING INFECTIOUS DISEASES IN
CHILD CARE AND SCHOOLS

1. Bedbugs
2. Bites (Human and Animal)
3. Boil/Abcess/Cellulitis

4. Campylobacter
5. Chickenpox (Varicella-Zoster Infections)
6. Clostridium difficile (Also Called “C diff”)
7. Cryptosporidiosis
8. Cytomegalovirus (CMV)
9. Dental Caries (Early Childhood Caries)
10. Diarrhea
11. Diarrhea Caused by Specific Types of E coli
    (Escherichia coli)
12. Ear Infection
13. Fever
14. Fifth Disease (Human Parvovirus B39)
15. Giardiasis
16. Haemophilus influenzae Type b (Hib)
17. Hand-Foot-and-Mouth Disease
18. Hepatitis A Infection
19. Hepatitis B Infection
20. Herpes Simplex Virus
21. HIV/AIDS
22. Impetigo
23. Influenza
24. Lice (Pediculosis Capitis)
25. Lyme Disease (and Other Tick-borne
    Diseases)
26. Measles
27. Meningitis
28. Molluscum Contagiosum
29. Mononucleosis
30. Mosquito-borne Diseases
31. Mouth Sores
32. MRSA (Methicillin-resistant Staphylococcus
    aureus)
33. Mumps
34. Norovirus
35. Pinkeye (Conjunctivitis)
36. Pinworms
37. Pneumonia
38. Respiratory Syncytial Virus (RSV)
39. Ringworm
40. Roseola (Human Herpes virus 6)
41. Rotavirus
42. Rubella (German Measles)
43. Salmonella
44. Scabies
45. Shigellosis
46. Shingles (Herpes Zoster)
47. Strep Throat (Streptococcal Pharyngitis) and
    Scarlet Fever
48. Stry
49. Thrush (Candidiasis)
50. Tuberculosis (TB)
51. Upper Respiratory Infection (Common Cold)
52. Urinary Tract Infection
53. Vomiting
54. Warts (Human Papillomavirus)
55. Whooping Cough (Pertussis)
56. Yeast Diaper Rash (Candidiasis)

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MANAGING CHRONIC HEALTH NEEDS IN CHILD CARE AND SCHOOLS
1. Achondroplasia (Short Stature Conditions)
2. Allergic Skin Conditions
3. Allergies: An Overview
4. Altered Immunity: An Overview
5. Anaphylaxis
6. Asthma
7. Attention-Deficit/Hyperactivity Disorder (ADHD)
8. Autism Spectrum Disorders
9. Bleeding Disorders: An Overview
10. Cancer
11. Celiac Disease (Gluten-Sensitive Enteropathy)
12. Cerebral Palsy
13. Cleft Lip and Cleft Palate
14. Cystic Fibrosis
15. Diabetes
16. Down Syndrome
17. Gastroesophageal Reflux Disease (GERD)
18. Gastropathy Tubes
19. Hearing Loss and Deafness
20. Heart Conditions: An Overview
21. Heart Conditions, Functional
22. Heart Defects, Structural
23. Hepatitis
24. Human Immunodeficiency Virus (HIV)
25. Hydrocephalus and Shunts
26. Idiopathic Thrombocytopenia Purpura
27. Kidney/Urinary Problems
28. Premature Newborns (Preemies): An Overview
29. Seizures, Febrile
30. Seizures, Non-febrile (Epilepsy)
31. Sickle Cell Disease
32. Special Diets and Inborn Errors of Metabolism
33. Spina Bifida
34. Spleen Problems
35. Tracheostomy
36. Turner Syndrome
37. Visual Impairments

PEdiATRIC SUBSPAciALISTS
(What is a...)
1. Adolescent Health Specialist
2. Child Neurologist*
3. Developmental and Behavioral Pediatrician*
4. Neonatologist*
5. Pediatric Allergist/Immunologist*
6. Pediatric Anesthesiologist*
7. Pediatric Critical Care Specialist*
8. Pediatric Dentist
9. Pediatric Dermatologist*
10. Pediatric Emergency Medicine Physician*
11. Pediatric Endocrinologist*
12. Pediatric Gastroenterologist*
13. Pediatric Geneticist
14. Pediatric Hematologist/Oncologist*
15. Pediatric Hospitalist*
16. Pediatric Infectious Diseases Specialist*
17. Pediatric/Neonatal Critical Care Transport Team
18. Pediatric Nephrologist*
19. Pediatric Neurosurgeon*
20. Pediatric Ophthalmologist*
21. Pediatric Orthopedic Surgeon*
22. Pediatric Otolaryngologist*
23. Pediatric Plastic Surgeon*
24. Pediatric Pulmonologist*
25. Pediatric Radiologist*
26. Pediatric Rheumatologist*
27. Pediatric Sports Medicine Specialist*
28. Pediatric Surgeon*
29. Pediatric Urologist*

PLAIN LANGUAGE PEDIATRICS*
1. Asthma
2. Asthma Triggers
3. Bedwetting
4. Calcium
5. Caring for Your Child's Teeth
6. Choosing Over-the-Counter Medicines
7. Colds
8. Constipation
9. Croup
10. Diarrhea, Vomiting, and Water Loss
11. Ear Infections
12. Fever
13. Flu, The
14. How to Take Your Child's Temperature
15. Prescription Medicines and Your Child
16. RSV, Bronchiolitis and Your Baby
17. Secondhand Smoke
18. Start Reading to Your Child Early
19. Teens and Tobacco
20. Temper Tantrums
21. Using Liquid Medicines
22. Using Over-the-Counter Medicines
23. What is ADHD?
24. What to Do for ADHD
25. What Is Your One-Year-Old Telling You?

TIP—THE INJURY PREVENTION PROGRAM
• A Guide to Safety Counseling in Office Practice
• Office-Based Counseling for Injury Prevention

Safety Sheets
1. Birth to 6 Months*
2. 6 to 12 Months*
3. 1 to 2 Years*
4. 2 to 4 Years*
5. 5 Years*
6. 6 Years*
7. 8 Years*
8. 10 Years*

Safety Surveys
1. First Year of Life, The

2. From 1 to 4 Years (Part 1)*
3. From 1 to 4 Years (Part 2)*
4. From 5 to 9 Years*
5. From 10 to 12 Years*

Safety Slips
1. Baby-sitting Reminders
2. Firearm Injury Prevention
3. Four Steps to Prepare Your Family for Disasters
4. Home Water Hazards for Young Children
5. Infant Furniture: Cribs
6. Lawn Mower Safety
7. Life Jackets and Life Preservers
8. Pool Safety for Children
9. Protect Your Child...Prevent Poisoning
10. Protect Your Home Against Fire...Planning Saves Lives
11. Safe Driving...A Parent's Responsibility
12. Safety Tips for Home Playground Equipment
13. Water Safety for Your School-aged Child
14. When Your Child Needs Emergency Medical Services

Bicycle Safety
1. About Bicycle Helmets
2. Bicycle Safety: Myths and Facts
3. Child as Passenger on an Adult's Bicycle, The
4. Choosing the Right Size Bicycle for Your Child
5. Safe Bicycling Starts Early
6. Tips for Getting Your Children to Wear Bicycle Helmets

VACCINE INFORMATION STATEMENTS (VIS)
1. Chickenpox Vaccine*
2. Diphtheria, Tetanus, & Pertussis Vaccine*
3. Haemophilus influenzae Type b Vaccine*
4. Hepatitis A Vaccine*
5. Hepatitis B Vaccine*
6. Human Papillomavirus Vaccine*
7. Influenza Vaccine (Inactivated)*
8. Measles, Mumps, & Rubella Vaccines*
9. Meningococcal Vaccine*
10. Pneumococcal Conjugate Vaccine (PCV13)*
11. Polio Vaccine*
12. Rotavirus Vaccine*
13. Tetanus, Diphtheria Vaccine*
14. Tetanus, Diphtheria, & Pertussis Vaccine*
15. Your Child's First Vaccines*

SPECIAL HEALTHY CHILDREN DIGITAL MAGAZINE EXCERPTS
1. Fall 2016
2. Back to School 2015
Excerpts are located at

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