CHILDREN’S HEALTH: RESOURCES FOR PARENTS AND THEIR KIDS AT THE SAN DIEGO PUBLIC LIBRARY

Childrearing is one of life’s most challenging and rewarding experiences. Parents want to be able to make informed choices that will help their children grow up in good health - not only without illness, but also with the habits that will help their children maintain good health throughout their lives. San Diego Public Library’s collection of books, videos, magazines and online resources offers parents and kids lots of information that will help them develop and maintain a healthy lifestyle. Here are a few examples:

BOOKS


“Fit Kids: A Practical Guide to Raising Active and Healthy Children -- from Birth to Teens” 2004. 613.7042/Gavin


“Free Your Child from Asthma: A Four-Week Plan to Eliminate Symptoms” 2006. 618.92238/Rachelefsky


“Is Your Child Depressed? Answers to Your Toughest Questions” 2006. 618.92852/Naparstek


“Straight Talk about Psychiatric Medications for Kids” 2004. 618.92891/Wilens

“Type 2 Diabetes in Teens: Secrets for Success” 2002. 618.92462/Betschart

“Your Newborn, Head to Toe: Everything You Want to Know about Your Baby’s Health through the First Year” 2004. 649.122/Natterson

This information will be made available in alternative formats upon request.
VIDEOS


“Kideosyncrasy: Getting the World in Shape one Kid at a Time” 2003. J DVD 613.7042/Kideosyncrasy

“Wai Lana’s Little Yogis” 2003. J VC 613.7046/Wai

“YogaKids 2: ABC’s for Ages 3-6” 2003. J DVD 613.7046/Yogakids

“Your Healthy Baby” 2000. VC 649.1/Your

ON THE WEB

Bam! Body and Mind
Answers kids’ questions on health matters and recommends ways to make their bodies and minds healthier, stronger, and safer. www.bam.gov

drgreene.com
From a pediatrician on the Stanford University faculty, information about pediatric health matters. Includes an illustrated encyclopedia, chat sessions and discussion forums. www.drgreene.org

KidsHealth
Searchable information on young people’s health for parents, children and teens. www.kidshealth.org

MedlinePlus: Child Nutrition

NIEHS Kids’ Pages
Teaches children about the connections between their health and the environment. From the National Institute of Environmental Health Sciences. www.niehs.nih.gov/kids

Pediatric Oral Information for Parents
Information on dental care for babies and children. From the American Academy of Pediatric Dentistry. www.aapd.org/pediatricinformation

Team Nutrition: Parents
Parent-child resources on nutrition, emphasizing linking "school learning with nutrition education activities that can be shared with the family. From Team Nutrition, a USDA-backed initiative to help implement national school lunch guidelines. http://teamnutrition.usda.gov/parents.html

Virtual Pediatric Hospital
Materials about child and adolescent health and disease. From faculty of the University of Iowa School of Medicine. www.virtualpediatrichospital.org