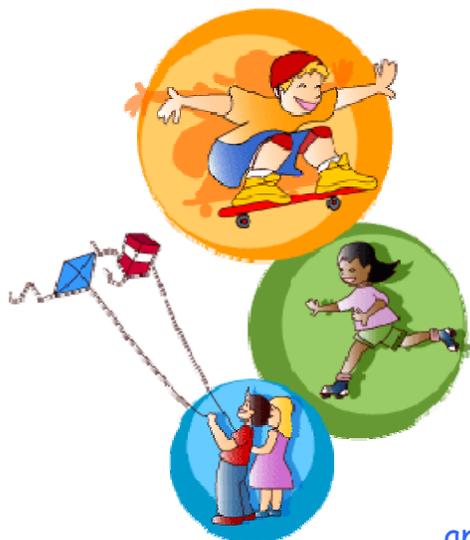


CHILDREN'S HEALTH: RESOURCES FOR PARENTS AND THEIR KIDS AT THE SAN DIEGO PUBLIC LIBRARY



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

“Baby and Child Health” (American Academy of Pediatrics). 2004. 618.92/Baby

“Eat, Play and be Healthy: The Harvard Medical School Guide to Healthy Eating for Kids” 2005. 618.9239/Walker

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

“Fitness Training for Girls: A Teen Girl's Guide to Resistance Training, Cardiovascular Conditioning and Nutrition” 2001. 613.71083/Gaede

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

“Healthy Baby Meal Planner: Mom-Tested, Child-Approved Recipes for Your Baby and Toddler” 2005. 641.56222/Karmel

“Healthy Lunchbox: The Working Mom’s Guide to Keeping You and Your Kids Trim” 2003. 618.92398/McAllister

“Immunizations and Infectious Diseases: An Informed Parent’s Guide” 2006. 618.929/Immunizations

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

“Our Overweight Children: What Parents, Schools and Communities Can Do to Control the Fatness Epidemic” 2004. 618.92398/Dalton

“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

“Curious Buddies: Let’s Move!” 2005. E DVD/Curious

“Kideosyncrasy: Getting the World in Shape one Kid at a Time”
2003. JDVD 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

Links to information about child nutrition and related issues. From the National Library of Medicine and the National Institutes of Health. www.nlm.nih.gov/medlineplus/childnutrition.html

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://teammnutrition.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



THE CITY OF SAN DIEGO