

## PEDIATRIC PATIENT EDUCATION CORE LIBRARY (1 to 4)

A comprehensive library of trusted health information for parents/patients covering birth through young adulthood from the American Academy of Pediatrics (AAP).

## HANDOUTS BY COLLECTION (4 to 8)

Handouts by Collection features patient education from established AAP programs and publications.

- ADHD Toolkit Handouts
- Autism Spectrum Disorder Toolkit Handouts
- Bright Futures Well Child Visit Handouts
- Care of the Young Athlete
- Connected Kids: Safe, Strong, Secure
- COVID-19
- Equity, Diversity, and Inclusion

- Extended Library
- Managing Chronic Health Needs in Child Care and Schools
- Managing Infectious Diseases in Child Care and Schools
- Mental Health Toolkit Handouts
- Pediatric Subspecialists
- Plain Language Pediatrics
- TIPP—The Injury Prevention Program
- Vaccine Information Statements (VIS)

## HANDOUTS BY LANGUAGE (8 to 9)

Select handouts in 12 languages.

## HANDOUTS BY COLLECTION: SCHMITT PEDIATRIC CARE ADVICE (10 to 18)

Handouts from telehealth pioneer Barton D. Schmitt, MD, FAAP.

## PEDIATRIC PATIENT EDUCATION CORE LIBRARY

A comprehensive library of trusted health information for parents/patients covering birth through young adulthood from the American Academy of Pediatrics (AAP).

1. Acne: How to Treat and Control It\*
2. Acute Ear Infections and Your Child\*
3. ADHD—What is Attention-Deficit Hyperactivity Disorder?\*
4. ADHD—What Are the Symptoms of Attention-Hyperactivity Disorder?\*
5. ADHD—How Is Attention-Deficit Hyperactivity Disorder Diagnosed?\*
6. ADHD—What Causes Attention-Deficit Hyperactivity Disorder and How Is It Treated?\*
7. ADHD—What is Behavioral Therapy?\*
8. ADHD—What Types of Medication Reduce Attention-Deficit Hyperactivity Disorder Symptoms?\*
9. ADHD—What Are Common Questions about Attention-Deficit Hyperactivity Disorder Symptoms?\*
10. Adoption: How to Talk With Your Child About Being Adopted
11. Air Bag Safety\*
12. Alcohol and Your Child\*
13. Allergies in Children\*
14. Anaphylaxis\*
15. Anemia in Children and Teens\*
16. Anesthesia and Your Child: Information for Parents\*
17. Anesthesia and Your Child: The Day of the Procedure\*
18. Antibiotics Aren't Always Needed\*

19. ASD—About Medications and Integrative, Complementary, and Alternative Medicine Treatments\*
20. ASD—Communication, Social Skills, and Sensory Motor Interventions\*
21. ASD—Developmental and Behavioral Interventions\*
22. ASD—Effective Education Programs and Public Programs\*
23. ASD—Family Support and Support in School\*
24. ASD—How is the Diagnosis Made?\*
25. ASD—Joint Attention Skills\*
26. ASD—Teen and Adult Years\*
27. ASD—What Are the Early Signs of Autism Spectrum Disorder?\*
28. ASD—What Causes Autism Spectrum Disorder?\*
29. ASD—What Is Autism Spectrum Disorder?\*
30. Asthma and Your Child\*
31. Baby Walkers: What You Need to Know\*
32. Back to Sleep, Tummy to Play\*
33. Bedwetting\*
34. Beyond Screen Time: A Parent's Guide to Media Use\*
35. Born Early (Preterm): At the Hospital
36. Born Early (Preterm): Health Concerns
37. Breastfeeding Your Baby: Getting Started\*
38. Brief Resolved Unexplained Event: What Parents and Caregivers Need to Know\*
39. Bronchiolitis and Your Young Child\*
40. Building Strong Bones: Why Calcium Counts\*
41. Car Safety Seat Checkup\*
42. Car Safety Seats Guide\*



43. Car Safety Seats Product Information\*
44. Care of the Uncircumcised Penis\*
45. Child Sexual Abuse\*
46. Childproofing Your Home\*
47. Children's Dental Health: What You Need to Know
48. Choking Prevention and First Aid\*
49. Choosing a Pediatrician\*
50. Choosing Quality Child Care\*
51. Circumcision\*
52. Clean Intermittent Catheterization for Boys\*
53. Clean Intermittent Catheterization for Girls\*
54. Cocaine\*
55. Colds: What You Need to Know
56. Common Childhood Infections\*
57. Complementary and Integrative Medicine: What Parents Need to Know
58. Constipation and Your Child\*
59. Croup: When Your Child Needs Hospital Care\*
60. Croup and Your Young Child\*
61. Crying and Your Baby: How to Calm a Fussy or Colicky Baby\*
62. Cyberbullying: What Parents Need to Know
63. Dangers of Secondhand Smoke\*
64. Deciding to Wait\*
65. Decorative Contact Lenses: What Teens and Parents Need to Know\*
66. Depression in Children and Adolescents: Types and Signs
67. Depression in Children and Adolescents: Treatment
68. Diaper Rash\*
69. Diarrhea and Your Child\*
70. Discipline and Your Child\*
71. Eating Disorders: Anorexia and Bulimia\*
72. Eczema (Atopic Dermatitis)\*
73. Encourage Your Child to Be Physically Active\*
74. Febrile Seizures\*
75. Feeding Kids Right Isn't Always Easy: Tips for Preventing Food Hassles\*
76. Fever and Your Child\*
77. Fluoride Varnish Can Help Prevent Tooth Decay\*
78. Food Allergies and Your Child\*
79. For Today's Teens: A Message From Your Pediatrician\*
80. Fun in the Sun: Keep Your Family Safe\*
81. Gambling: Not a Safe Thrill\*
82. Gastroenteritis: When Your Child Needs Hospital Care\*
83. Get Fit, Stay Healthy\*
84. Giving Medicine to Children: Important Safety Information\*
85. Growing Up Healthy: Fat, Cholesterol, and More\*
86. Headaches: What Teens Need to Know
87. Health Care for College Students\*
88. Healthy Communication With Your Child\*
89. Helping Your School-Age Child Cope With Death
90. Helping Your Child Cope With Life\*
91. Hepatitis B Vaccine \*
92. Hepatitis C\*
93. Hip Dysplasia (Developmental Dysplasia of the Hip)\*
94. Home Drug Testing \*
95. Home Safety Checklist\*
96. How to Prevent Shaken Baby Syndrome and Other Forms of Abusive Head Trauma\*
97. How to Prevent Tooth Decay in Your Baby\*
98. Imaging and Medical Radiation Safety\*
99. Imaging Tests: A Look Inside Your Child's Body\*
100. Immunizations\*
101. Inhalants\*
102. Inhaled and Intranasal Corticosteroids\*
103. Insect Repellents: What Parents Need to Know\*
104. Internet and Your Family, The\*
105. Is Your Toddler Communicating With You?\*
106. Jaundice and Your Newborn\*
107. Keep Your Family Safe: Fire Safety and Burn Prevention at Home\*
108. Know the Facts About HIV and AIDS\*
109. Influenza (Flu): What You Need to Know\*
110. Lactose Intolerance and Your Child\*
111. Lead is a Poison\*
112. Learning Disabilities\*
113. Lyme Disease\*
114. Making Healthy Decisions About Sex\*
115. Marijuana\*
116. Medicine and the Media: How to Make Sense of the Messages\*
117. Meningococcal Disease: Information for Teens and College Students\*
118. Message to Parents of Teen Drivers, A\*
119. Middle Ear Fluid and Your Child\*
120. Minor Head Injuries in Children\*
121. More Fiber for Your Children? Yes! Here's Why and How.\*
122. Navigating the Teen Years: Tips for Parents
123. Newborn Hearing Screening and Your Baby\*
124. Nursemaid's Elbow\*
125. Parent-Teen Driving Agreement and a Message to Parents of Teen Drivers: Pediatrician Implementation Guide
126. Parent's Guide to Head Lice\*



127. Parent's Guide to Teen Parties, A\*
128. Parent's Guide to Toy Safety, A\*
129. Parent's Guide to Water Safety, A\*
130. [Pelvic Exam] Your First Pelvic Exam\*
131. Pinkeye and Your Child\*
132. Playground Safety\*
133. Pneumococcal Infections\*
134. Pneumonia and Your Child\*
135. Preparing Infant Formula: Important Safety Information\*
136. Protect Your Child From Poison\*
137. Protect Yourself and Help Protect Your Baby: Information for New Moms on the Tdap Vaccine\*
138. Puberty: Ready or Not Expect Some Big Changes\*
139. Ratings: Making Healthy Media Choices\*
140. Raw Milk: What You Need to Know\*
141. Respiratory Syncytial Virus (RSV)\*
142. Responding to Children's Emotional Needs During Times of Crisis\*
143. Right From the Start: ABCs of Good Nutrition\*
144. Safe Sleep and Your Baby: How Parents Can Reduce the Risk of SIDS and Suffocation\*
145. Safety of Blood Transfusions\*
146. Separation and Divorce: Putting Your Children First\*
147. Should My Child Join a Clinical Trial?\*
148. Single Parenting\*
149. Sinusitis and Your Child\*
150. Sleep Apnea and Your Child\*
151. Sleep Problems in Children\*
152. Sleep—Your Child's Sleep Diary\*
153. Sleeping Well: Tips for Parents of Babies and Young Children\*
154. Smokeless Tobacco\*
155. Smoking and E-cigarettes: What Teens Need to Know
156. Smoking and E-cigarettes: What Parents Need to Know About the Risks of Tobacco Use\*
157. Sports and Your Child\*
158. Starting Solid Foods\*
159. Steroids: Play Safe, Play Fair\*
160. Students With Chronic Health Conditions: Guidance for Families, Schools, and Students\*
161. Substance Abuse Prevention\*
162. Talking With Your Teen About Sex\*
163. Talking With Your Young Child About Sex\*
164. Tattooing and Body Piercing\*
165. Teen Suicide, Mood Disorder, and Depression\*
166. Teething\*
167. Temper Tantrums: A Normal Part of Growing Up\*
168. Thumbs, Fingers, and Pacifiers\*
169. Tips for Healthy Families: More and Less\*
170. Tips for Parents of Adolescents: Common Concerns\*
171. Toilet Training\*
172. Tonsils and the Adenoid\*
173. Trampolines\*
174. Treating Your Child's Pain: Medical Procedures\*
175. Treating Your Child's Pain: Surgery\*
176. Type 2 Diabetes: Tips for Healthy Living\*
177. Urinary Tract Infections in Young Children\*
178. What's To Eat? Healthy Foods for Hungry Children\*
179. Your Baby's Head Shape: Information for Parents on Positional Skull Deformities\*
180. Your Baby's First Steps\*
181. Your Child and the Environment\*
182. Your Child Has a Sore Throat: What's the Cause?\*
183. Your Child's Eyes\*
184. Your Child's Growth: Developmental Milestones\*
185. Your Child's Mental Health: When To Seek Help and Where to Get Help\*
186. Your Premie's Growth: Developmental Milestones\*
187. Your Family's Mental Health: 10 Ways to Improve Mood, Naturally\*
188. Welcoming a New Sibling: How to Help Your Child Adjust\*

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  - Pediatric Subspecialists
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  - TIPP—The Injury Prevention Program
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### **ADHD TOOLKIT\***

1. ADHD Basic Facts: What Every Parent Should Know Before Starting a Child on Medication
2. Behavioral Intervention Resources for Parents
3. Homework Tips for Parents to Teens
4. Use of Psychostimulant Medication: Tips for Parents
5. Use of Psychostimulant Medication: Tips for Teens
6. Why Am I Having So Much Trouble With School?
7. Why Is My Child Having Trouble in School?

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### **AUTISM SPECTRUM DISORDER TOOLKIT\***

1. Answers About Complementary and Integrative Medicine
2. Behavior Challenges
3. Discussing the Diagnosis of Autism Spectrum Disorder With Your Child
4. Early Intervention Services
5. Financial Assistance
6. Gastrointestinal Problems
7. Inclusion in School
8. Intervention Approaches Used for Children With Autism Spectrum Disorder
9. Laboratory Tests
10. Nutrition and Eating Problems
11. School-Based Services
12. Seizures and Epilepsy
13. Sibling Support
14. Sleep Problems
15. Talking About Sexuality for Parents of Teens With Autism Spectrum Disorder
16. Teaching Social Skills
17. The Medical Home for Children With Autism Spectrum Disorder
18. Toilet Training
19. Vaccines
20. Visiting the Doctor
21. Wandering Off (Elopement)
22. Your Child and Medications

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### **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 ½ 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. Patient Handout 7 and 8 Year
17. Parent Handout 9 and 10 Year
18. Patient Handout 9 and 10 Year
19. Parent Handout Early Adolescent (11-14 years)
20. Patient Handout Early Adolescent (11-14 years)
21. Parent Handouts 15 and 17 Year
22. Patient Handout 15 to 17 Years
23. Patient Handout 18 to 21 Years

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### **CARE OF THE YOUNG ATHLETE**

#### **Injury Prevention**

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

#### **Sports**

1. Ballet and Dance
2. Baseball and Softball
3. Basketball 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 FITT Plan
10. Physical Activity: Overcoming Obstacles
11. Safe Weight Loss and Weight Gain in Athletes
12. Strength Training

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#### **CONNECTED KIDS: Safe, Strong, Secure**

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

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#### **COVID-19**

1. Breastfeeding During COVID-19 Pandemic\*
2. Cloth Face Coverings for Children During COVID-19
3. Co-Parenting Through COVID-19: Putting Your Children First\*
4. COVID-19: Caring For Children and Youth With Special Health Care Needs\*
5. COVID-19: Keep on Keeping Your Distance\*
6. COVID-19: What Families Need to Know
7. COVID-19 Vaccine Checklist for Kids
8. Getting Children and Teens Outside While Social Distancing for COVID-19\*
9. Parenting in a Pandemic: Tips to Keep the Calm at Home\*
10. Protecting Your Child With the COVID-19 Vaccine (poster)
11. Simple Ways to Entertain & Boost Your Baby's Development at Home\*
12. Teens & COVID-19: Challenges and Opportunities During the Outbreak\*
13. Tips for Coping with a New Baby During COVID-19\*
14. Working and Learning from Home During the COVID-19 Outbreak\*

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#### **EQUITY, DIVERSITY, AND INCLUSION**

1. Books to Build Character & Teach Your Child Important Values
2. Diverse and Inclusive Books For Children\*
3. Talking to Children About Racial Bias\*
4. Talking With Your Children About Racism: Start, Continue the Conversation\*
5. Using Books to Talk With Kids About Race and Racism\*

## 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.

6. Family Media Use (poster)\*
7. First Aid/Choking/CPR (chart)\*
8. Healthy Active Living
  - Making the Most of the First 2 Years
  - Responsive Feeding
  - Stick With Breastfeeding
  - Tips for Feeding Picky Eaters
  - Tips for Introducing Solid Foods
9. How to Measure Liquid Medicine for Your Child (poster)\*
10. Parent's Guide to GER (Gastroesophageal Reflux) and GERD (Gastroesophageal Reflux Disease)

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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 Disorder
9. Bleeding Disorders: An Overview
10. Cancer
11. Celiac Disease (Gluten-Sensitive Enteropathy)
12. Cerebral Palsy
13. Childhood Obesity
14. Cleft Lip and Cleft Palate
15. Croup
16. Cystic Fibrosis
17. Developmental Delay
18. Diabetes
19. Diaper Rash
20. Down Syndrome
21. Eczema (Atopic Dermatitis)
22. Ehlers-Danlos Syndrome (EDS)
23. Fetal Alcohol Spectrum Disorder (FASD)
24. Food Allergies
25. Fragile X Syndrome
26. Gastroesophageal Reflux Disease (GERD)

27. Gastrostomy Tubes
28. Hearing Loss and Deafness
29. Heart Conditions, Functional
30. Heart Conditions: An Overview
31. Heart Defects, Structural
32. Hepatitis
33. Hip Problems (Developmental Dysplasia of the Hip, Legg-Calvé-Perthes Disease, and Slipped Capital Femoral Epiphysis [SCFE])
34. Human Immunodeficiency Virus (HIV)
35. Hydrocephalus and Shunts
36. Idiopathic Thrombocytopenic Purpura
37. Juvenile Idiopathic Arthritis (JIA)
38. Kidney/Urinary Problems
39. Marfan Syndrome
40. Mitochondrial Disorders
41. Muscular Dystrophy
42. Neonatal Abstinence Syndrome (NAS)
43. Neurofibromatosis (NF) and Tuberous Sclerosis Complex (TSC)
44. Prader-Willi Syndrome (PWS)
45. Premature Newborns (Preemies): An Overview
46. Seizures, Febrile
47. Seizures, Non-Febrile (Epilepsy)
48. Sickle Cell Disease
49. Special Diets and Inborn Errors of Metabolism
50. Spina Bifida
51. Spleen Problems
52. Tracheostomy
53. Traumatic Brain Injury (TBI) (Includes Concussion)
54. Turner Syndrome
55. Vesicostomy
56. Visual Impairments

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## MANAGING INFECTIOUS DISEASES IN CHILD CARE AND SCHOOLS

1. Bedbugs
2. Bites (Human and Animal)
3. Boil/Abscess/Cellulitis
4. Campylobacter
5. Chickenpox (Varicella-Zoster Infections)
6. Clostridium difficile (Also Called "C diff")
7. Croup
8. Cryptosporidiosis
9. Cytomegalovirus (CMV) Infection

10. Dental Caries (Early Childhood Caries, Tooth Decay, or Cavities)
11. Diaper Rash
12. Diarrhea
13. Diarrhea Caused by Specific Types of E coli (Escherichia coli)
14. Ear Infection
15. Fever
16. Fifth Disease (Human Parvovirus B19)
17. Giardiasis
18. Haemophilus influenzae Type b (Hib)
19. Hand-Foot-and-Mouth Disease
20. Hepatitis A Infection
21. Hepatitis B Infection
22. Herpes Simplex (Cold Sores)
23. HIV/AIDS
24. Impetigo
25. Influenza
26. Lice (Pediculosis Capitis)
27. Lyme Disease (and Other Tick-borne Diseases)
28. Measles
29. Meningitis
30. Molluscum Contagiosum
31. Mononucleosis
32. Mosquito-borne Diseases
33. Mouth Sores
34. Mumps
35. Norovirus
36. Pinkeye (Conjunctivitis)
37. Pinworms
38. Pneumonia
39. Respiratory Syncytial Virus (RSV)
40. Ringworm
41. Roseola (Human Herpesvirus 6 and 7)
42. Rotavirus
43. Rubella (German Measles)
44. Salmonella
45. Scabies
46. Shigella
47. Shingles (Herpes Zoster)
48. Staphylococcus aureus (Methicillin-Resistant [MRSA] and Methicillin-Sensitive [MSSA])
49. Strep Throat (Streptococcal Pharyngitis) and Scarlet Fever
50. Sty
51. Thrush (Candidiasis)
52. Tuberculosis (TB)
53. Upper Respiratory Infection (Common Cold)

54. Urinary Tract Infection
55. Vomiting
56. Warts (Human Papillomavirus)
57. Whooping Cough (Pertussis)

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### **MENTAL HEALTH TOOLKIT HANDOUTS\***

1. Activities to Help Your Child or Adolescent Manage Anxiety
2. Guidelines for Special Time and Time In
3. Managing Anxiety: Tips for Families
4. Managing Depression or Sadness: Tips for Families
5. Managing Disruptive or Aggressive Behaviors: Tips for Families
6. Managing Inattention, Impulsivity, and Hyperactivity: Tips for Families

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### **PEDIATRIC SUBSPECIALISTS**

#### ***(What is a...)***

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



28. Pediatric Sports Medicine Specialist\*
29. Pediatric Surgeon\*
30. Pediatric Urologist\*

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### PLAIN LANGUAGE PEDIATRICS\*

1. Asthma
2. Asthma Triggers
3. Bedwetting
4. Choosing Over-the-Counter Medicines
5. Croup
6. How to Take Your Child's Temperature
7. Prescription Medicines and Your Child
8. Secondhand Smoke
9. Start Reading to Your Child Early
10. Temper Tantrums
11. Using Liquid Medicines
12. Using Over-the-Counter Medicines

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### TIPP—THE INJURY PREVENTION PROGRAM

#### **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 Slips**

1. Babysitting Reminders
2. Firearms 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

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### VACCINE INFORMATION STATEMENTS (VIS)

1. DTaP (Diphtheria, Tetanus, Pertussis) \*
2. Hepatitis A\*
3. Hepatitis B\*
4. Hib (*Haemophilus influenzae* Type b)\*
5. HPV (Human Papillomavirus) \*
6. Influenza (Inactivated or Recombinant)\*
7. Influenza (Live, Intranasal)\*
8. Meningococcal ACWY\*
9. Meningococcal B\*
10. MMR (Measles, Mumps, Rubella)\*
11. MMRV (Measles, Mumps, Rubella, Varicella)\*
12. Pneumococcal Conjugate\*
13. Pneumococcal Polysaccharide\*
14. Polio\*
15. Rotavirus\*
16. Td (Tetanus, Diphtheria)\*
17. Tdap (Tetanus, Diphtheria, & Pertussis)\*
18. Varicella (Chickenpox) Vaccine\*
19. Your Child's First Vaccines\*

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### HANDOUTS BY LANGUAGE

Languages: Arabic, Bengali, Chinese (Mandarin), French, Haitian Creole, Hmong, Korean, Polish, Portuguese, Russian, Somali, and Vietnamese.

1. Children's Dental Health: What You Need to Know
2. Colds: What You Need to Know
3. Constipation and Your Child
4. Diarrhea and Your Child
5. Encourage Your Child to Be Physically Active
6. Fever and Your Child
7. Immunizations: What You Need to Know
8. Influenza (Flu): What You Need to Know
9. Respiratory Syncytial Virus (RSV)





10. Safe Sleep and Your Baby: How Parents Can Reduce the Risk of SIDS and Suffocation
11. Starting Solid Foods



Title	Category
Abdominal Pain - Stress Related	Abdomen or Digestive Symptoms
Abdominal Pain - Symptom	Abdomen or Digestive Symptoms
Acetaminophen (Tylenol) Dosage Table	Fever Symptoms
Acne	Skin - Localized Symptoms
Amoxicillin Rash	Skin - Widespread Symptoms
Anal Fissure	Abdomen or Digestive Symptoms
Anal Itching	Abdomen or Digestive Symptoms
Animal Bite	Bites / Stings
Antibiotics - When Do They Help?	Miscellaneous - Other
Anxiety Attack	Behavior Problems
Appetite Slump - Young Child	Eating Problems
Arm Injury	Arm or Leg Symptoms
Arm Pain - Muscle Strain	Arm or Leg Symptoms
Arm Pain - Symptom	Arm or Leg Symptoms
Asthma Attack	Chest or Breathing Symptoms
Athlete's Foot	Skin - Localized Symptoms
Baby Bottle Tooth Decay - Prevention	Eating Problems
Back Pain - Muscle Strain	Neck or Back Symptoms
Back Pain - Symptom	Neck or Back Symptoms
Bed Bug Bite	Bites / Stings
Bedwetting	Toilet Training Problems
Bee or Yellow Jacket Sting	Bites / Stings
Behavior Training - Consequences	Behavior Problems
Behavior Training - Rules and Discipline Basics	Behavior Problems
Biting	Behavior Problems
Blisters - Friction	Skin - Localized Symptoms
Boil	Skin - Localized Symptoms
Bottle-Feeding (Formula) Questions	Newborn or Infant Problems
Breast Buds	Skin - Localized Symptoms
Breast Pain Before Periods	Chest or Breathing Symptoms
Breastfeeding - Baby Questions	Newborn or Infant Problems
Breastfeeding - Milk and Feeding Questions	Newborn or Infant Problems

<b>Title</b>	<b>Category</b>
Breastfeeding - Mother's Breast Symptoms	Newborn or Infant Problems
Breastfeeding - Mother's Diet and Alcohol Use	Newborn or Infant Problems
Breastfeeding - Mother's Illness	Newborn or Infant Problems
Breastfeeding - Mother's Medicines and Smoking	Newborn or Infant Problems
Breath-Holding Spell	Chest or Breathing Symptoms
Bronchiolitis (RSV)	Chest or Breathing Symptoms
Bruises	Skin - Localized Symptoms
Burns	Skin - Localized Symptoms
Canker Sores	Mouth / Teeth / Throat Symptoms
Cast Care - Arm	Arm or Leg Symptoms
Cast Care - Leg	Arm or Leg Symptoms
Cellulitis	Skin - Localized Symptoms
Chalazion (Lump on Eyelid)	Eye Symptoms
Chest Pain - Sore Muscles	Chest or Breathing Symptoms
Chest Pain - Symptom	Chest or Breathing Symptoms
Chickenpox	Skin - Widespread Symptoms
Circumcision Problems	Newborn or Infant Problems
Cold Sores (Fever Blisters)	Mouth / Teeth / Throat Symptoms
Colds (Age 0-5)	Nose Symptoms
Colds (Age 6-21)	Nose Symptoms
Colic (Crying Baby)	Newborn or Infant Problems
Constipation - Bowel Cleanout for Stool Impaction	Abdomen or Digestive Symptoms
Constipation (Age 1-5)	Abdomen or Digestive Symptoms
Constipation (Age 6-21)	Abdomen or Digestive Symptoms
Constipation (Baby)	Abdomen or Digestive Symptoms
Contact Dermatitis - Allergic	Skin - Localized Symptoms
Contact Dermatitis - Irritant	Skin - Localized Symptoms
Cough - Allergic	Chest or Breathing Symptoms
Cough - Symptom (Age 0-5)	Chest or Breathing Symptoms
Cough - Symptom (Age 6-21)	Chest or Breathing Symptoms
Cough - Viral (Age 0-5)	Chest or Breathing Symptoms
Cough - Viral (Age 6-21)	Chest or Breathing Symptoms
Coughs and Colds: Medicines or Home Remedies?	Chest or Breathing Symptoms
COVID-19 - Diagnosed or Suspected	Chest or Breathing Symptoms
COVID-19 Exposure - No Symptoms	Chest or Breathing Symptoms
COVID-19 or Influenza - How to Tell	Chest or Breathing Symptoms

<b>Title</b>	<b>Category</b>
COVID-19 Prevention	Chest or Breathing Symptoms
COVID-19 Vaccines - Answers to Common Questions	Chest or Breathing Symptoms
Cracked Skin (Feet)	Skin - Localized Symptoms
Cracked Skin (Hands)	Skin - Localized Symptoms
Cradle Cap	Newborn or Infant Problems
Croup	Chest or Breathing Symptoms
Cuts and Scrapes	Skin - Localized Symptoms
Diaper Rash	Newborn or Infant Problems
Diarrhea (Age 1-5)	Abdomen or Digestive Symptoms
Diarrhea (Age 6-21)	Abdomen or Digestive Symptoms
Diarrhea (Baby on Breastmilk)	Abdomen or Digestive Symptoms
Diarrhea (Baby on Formula)	Abdomen or Digestive Symptoms
Diarrhea on Antibiotics	Abdomen or Digestive Symptoms
Dizziness - From Dehydration	Head or Brain Symptoms
Dizziness - From Sudden or Prolonged Standing	Head or Brain Symptoms
Dizziness - Symptom	Head or Brain Symptoms
Drinking Fluids During Illness	Mouth / Teeth / Throat Symptoms
Dry Skin	Skin - Widespread Symptoms
Ear - Congestion	Ear Symptoms
Ear - Swimmer's	Ear Symptoms
Ear - Touching Habit (Normal)	Ear Symptoms
Ear Canal - Itchy	Ear Symptoms
Ear Fluid (Middle Ear Effusion)	Ear Symptoms
Ear Infection - Bacterial	Ear Symptoms
Ear Infection - Ruptured Eardrum	Ear Symptoms
Ear Infection - Viral	Ear Symptoms
Ear Infections - Prevention	Ear Symptoms
Ear Injury	Ear Symptoms
Ear Pierced (Healed) - Minor Infection	Ear Symptoms
Ear Pierced (New) - Minor Infection	Ear Symptoms
Ear Tube Surgery	Ear Symptoms
Earache - From Air Travel	Ear Symptoms
Earache - Symptom	Ear Symptoms
Earwax Buildup	Ear Symptoms
Eczema (Atopic Dermatitis)	Skin - Widespread Symptoms
Emergency Symptoms Not to Miss	Miscellaneous - Other



<b>Title</b>	<b>Category</b>
Eye Allergy	Eye Symptoms
Eye Foreign Body	Eye Symptoms
Eye Infection - Bacterial	Eye Symptoms
Eye Infection - Viral	Eye Symptoms
Eye Injury	Eye Symptoms
Eye Irritation	Eye Symptoms
Eye Pink - Symptom	Eye Symptoms
Fainting - Prevention	Head or Brain Symptoms
Fever - Facts Versus Myths	Fever Symptoms
Fever - How to Take the Temperature	Fever Symptoms
Fever (Age 0-5)	Fever Symptoms
Fever (Age 6-21)	Fever Symptoms
Fifth Disease	Skin - Widespread Symptoms
Finger Injury	Arm or Leg Symptoms
Fingernail Infection - Bacterial	Skin - Localized Symptoms
Fingernail Infection - Yeast	Skin - Localized Symptoms
Fire Ant Sting	Bites / Stings
Food Allergy	Abdomen or Digestive Symptoms
Food Poisoning	Abdomen or Digestive Symptoms
Foreskin Care Questions	Genital or Urinary Symptoms
Foreskin Infection	Genital or Urinary Symptoms
Frequency-Urgency Syndrome	Toilet Training Problems
Frostbite	Skin - Localized Symptoms
Granuloma Annulare	Skin - Localized Symptoms
Growing Pains	Arm or Leg Symptoms
Hair Loss - From Hair Twisting Habit	Head or Brain Symptoms
Hair Loss - From Severe Stress	Head or Brain Symptoms
Hair Loss - From Tight Hair Style	Head or Brain Symptoms
Hand-Foot-And-Mouth Disease	Skin - Localized Symptoms
Head Injury	Head or Brain Symptoms
Headache - Migraine	Head or Brain Symptoms
Headache - Muscle Tension	Head or Brain Symptoms
Headache - Stress Related	Head or Brain Symptoms
Headache - Symptom	Head or Brain Symptoms
Heart Rate Fast - Normal Causes	Chest or Breathing Symptoms
Heartburn	Chest or Breathing Symptoms

<b>Title</b>	<b>Category</b>
Heat Rash	Skin - Localized Symptoms
Heat Reactions	Fever Symptoms
Hernia - Inguinal	Abdomen or Digestive Symptoms
Herpangina	Mouth / Teeth / Throat Symptoms
Herpes Gingivostomatitis	Mouth / Teeth / Throat Symptoms
Hiccups or Burps - Normal	Abdomen or Digestive Symptoms
Hitting and Aggressive Behavior	Behavior Problems
Hives	Skin - Widespread Symptoms
Hoarse Voice - Symptom	Mouth / Teeth / Throat Symptoms
Hot Tub Dermatitis	Skin - Widespread Symptoms
Human Bite	Bites / Stings
Ibuprofen (Advil, Motrin) Dosage Table	Fever Symptoms
Impetigo - Infected Sores	Skin - Localized Symptoms
Incentives for Motivating Children	Behavior Problems
Influenza Exposure	Chest or Breathing Symptoms
Influenza Seasonal (Age 0-5)	Chest or Breathing Symptoms
Influenza Seasonal (Age 6-21)	Chest or Breathing Symptoms
Insect Bite	Bites / Stings
Jaundiced Newborn	Newborn or Infant Problems
Jellyfish Sting	Bites / Stings
Jock Itch	Skin - Localized Symptoms
Joint Hypermobility Syndrome (Normal Loose Joints)	Arm or Leg Symptoms
Keratosis Pilaris	Skin - Localized Symptoms
Labial Fusion	Genital or Urinary Symptoms
Laryngitis - Allergic	Chest or Breathing Symptoms
Laryngitis - Viral	Chest or Breathing Symptoms
Leg Injury	Arm or Leg Symptoms
Leg Pain - Muscle Cramps	Arm or Leg Symptoms
Leg Pain - Muscle Strain	Arm or Leg Symptoms
Leg Pain - Symptom	Arm or Leg Symptoms
Lice - Head	Head or Brain Symptoms
Lyme Disease	Bites / Stings
Lymph Node - Normal	Skin - Localized Symptoms
Lymph Node Infection - Bacterial	Skin - Localized Symptoms
Lymph Node Infection - Viral	Skin - Localized Symptoms
Measles Vaccine Rash	Skin - Widespread Symptoms

<b>Title</b>	<b>Category</b>
Medication - Giving Liquid Medicine to Cooperative Child	Mouth / Teeth / Throat Symptoms
Medication - Giving Pills to Cooperative Child	Mouth / Teeth / Throat Symptoms
Medication - Refusal to Take	Mouth / Teeth / Throat Symptoms
Menstrual Cramps	Abdomen or Digestive Symptoms
Molluscum Contagiosum	Skin - Localized Symptoms
Mono (Infectious Mononucleosis)	Mouth / Teeth / Throat Symptoms
Mosquito Bite	Bites / Stings
Motion Sickness	Head or Brain Symptoms
Mountain Sickness	Chest or Breathing Symptoms
Mouth Injury	Mouth / Teeth / Throat Symptoms
Mouth Ulcers (Mouth Sores) - Symptom	Mouth / Teeth / Throat Symptoms
Nasal Rinses Children and Teens	Nose Symptoms
Nasal Suction	Nose Symptoms
Nausea - Symptom	Abdomen or Digestive Symptoms
Neck Pain - Muscle Strain	Neck or Back Symptoms
Newborn - Flying and Mountain Travel	Newborn or Infant Problems
Newborn Appearance	Newborn or Infant Problems
Newborn Birthmarks	Newborn or Infant Problems
Newborn Illness - How To Recognize	Newborn or Infant Problems
Newborn Rashes	Newborn or Infant Problems
Newborn Reflexes and Behaviors	Newborn or Infant Problems
Nose Allergy (Hay Fever)	Nose Symptoms
Nose Foreign Body Removal	Nose Symptoms
Nose Injury	Nose Symptoms
Nosebleed	Nose Symptoms
Oral Allergy Syndrome	Mouth / Teeth / Throat Symptoms
Overweight Older Child - Prevention and Treatment	Eating Problems
Overweight Toddler - Preventing Over-Feeding and Over-Eating	Eating Problems
Pacifiers	Newborn or Infant Problems
Penis - Contact Dermatitis	Genital or Urinary Symptoms
Perioral Food Rash	Mouth / Teeth / Throat Symptoms
Picky Eater	Eating Problems
Pinworm Seen	Abdomen or Digestive Symptoms
Pityriasis Alba	Skin - Localized Symptoms
Pityriasis Rosea	Skin - Widespread Symptoms
Pneumonia - Bacterial	Chest or Breathing Symptoms

<b>Title</b>	<b>Category</b>
Pneumonia - Viral	Chest or Breathing Symptoms
Poison Ivy - Oak - Sumac	Skin - Localized Symptoms
Puncture Wound	Skin - Localized Symptoms
Rash Localized - Cause Unknown	Skin - Localized Symptoms
Rash Widespread - Cause Unknown	Skin - Widespread Symptoms
Ringworm of the Body	Skin - Localized Symptoms
Ringworm of the Scalp	Skin - Localized Symptoms
Roseola	Skin - Widespread Symptoms
Sacral Dimple - Normal	Newborn or Infant Problems
Scabies	Skin - Widespread Symptoms
Scarlet Fever	Skin - Widespread Symptoms
School Avoidance	Behavior Problems
Scorpion Sting	Bites / Stings
Shingles (Zoster)	Skin - Localized Symptoms
Sibling Rivalry Toward a Newborn	Behavior Problems
Siblings Arguing	Behavior Problems
Sinus Infection - Bacterial	Nose Symptoms
Sinus Infection - Viral	Nose Symptoms
Sinus Pain or Congestion - Symptom	Nose Symptoms
Sleep - Bedtime Resistance	Sleep Problems
Sleep - Confusional Arousals	Sleep Problems
Sleep - Early Morning Riser	Sleep Problems
Sleep - Nightmares	Sleep Problems
Sleep Problem from Feeding Until Asleep	Sleep Problems
Sleep Problem from Holding Until Asleep	Sleep Problems
Sleep Problems - Prevention	Sleep Problems
Sleep Talking	Sleep Problems
Sleep Terrors	Sleep Problems
Sleeping with Parents (Bed-Sharing) - How To End It	Sleep Problems
Sleeping with Parents (Bed-Sharing) - Pros and Cons	Sleep Problems
Sleepwalking	Sleep Problems
Soft Spot in Babies - Normal	Newborn or Infant Problems
Solid Foods (Baby Foods)	Eating Problems
Sore Throat - Symptom	Mouth / Teeth / Throat Symptoms
Spider Bite	Bites / Stings
Spitting Up (Normal Reflux)	Newborn or Infant Problems



<b>Title</b>	<b>Category</b>
Splint Care - Arm	Arm or Leg Symptoms
Splint Care - Leg	Arm or Leg Symptoms
Splinters (Slivers)	Skin - Localized Symptoms
Spoiled Children - Prevention	Behavior Problems
STI Prevention	Genital or Urinary Symptoms
Stools - Unusual Color	Abdomen or Digestive Symptoms
Straining and Grunting Baby - Normal	Newborn or Infant Problems
Strep Throat Exposure	Mouth / Teeth / Throat Symptoms
Stubborn Toddler	Behavior Problems
Sty	Eye Symptoms
Sunburn	Skin - Widespread Symptoms
Sutured Wound Care	Skin - Localized Symptoms
Swallowed Harmless Substance	Mouth / Teeth / Throat Symptoms
Swallowed Small Object	Abdomen or Digestive Symptoms
Swimmer's Itch	Skin - Widespread Symptoms
Tailbone Injury	Neck or Back Symptoms
Tear Duct - Blocked	Newborn or Infant Problems
Teething	Mouth / Teeth / Throat Symptoms
Temper Tantrums	Behavior Problems
Thin Body Type (Normal Slenderness)	Eating Problems
Throat Infection - Viral	Mouth / Teeth / Throat Symptoms
Throat Infection - Strep	Mouth / Teeth / Throat Symptoms
Thrush	Newborn or Infant Problems
Tick Bite	Bites / Stings
Time-Out Technique	Behavior Problems
Tinea Versicolor	Skin - Localized Symptoms
Toe Injury	Arm or Leg Symptoms
Toenail - Ingrown	Arm or Leg Symptoms
Toilet Readiness Training	Toilet Training Problems
Toilet Training - How to Start	Toilet Training Problems
Toilet Training Resistance - Constipation from Stool Holding	Toilet Training Problems
Toilet Training Resistance - Encopresis without Constipation	Toilet Training Problems
Tongue - Geographic	Mouth / Teeth / Throat Symptoms
Tonsil Infection - Strep	Mouth / Teeth / Throat Symptoms
Tonsil Infection - Viral	Mouth / Teeth / Throat Symptoms
Tooth Injury	Mouth / Teeth / Throat Symptoms

<b>Title</b>	<b>Category</b>
Toothache	Mouth / Teeth / Throat Symptoms
Umbilical Cord - Bleeding	Newborn or Infant Problems
Umbilical Cord - Cord Care	Newborn or Infant Problems
Umbilical Cord - Delayed Separation Past 3 Weeks	Newborn or Infant Problems
Umbilical Cord - Minor Infection of Cord or Navel	Newborn or Infant Problems
Umbilical Cord - Normal Navel Care After Cord Falls Off	Newborn or Infant Problems
Umbilical Granuloma	Newborn or Infant Problems
Umbilical Hernia	Newborn or Infant Problems
Urinary Tract Infection (UTI) (Female)	Genital or Urinary Symptoms
Urinary Tract Infection (UTI) (Male)	Genital or Urinary Symptoms
Urination Pain - Symptom (Female)	Genital or Urinary Symptoms
Urination Pain - Symptom (Male)	Genital or Urinary Symptoms
Vaccine Concerns - You're Undecided	Miscellaneous - Other
Vaccine Reactions - Normal	Miscellaneous - Other
Vaccines - Dangerous Infections They Prevent	Miscellaneous - Other
Viral Rash	Skin - Widespread Symptoms
Vomiting (Age 1-5)	Abdomen or Digestive Symptoms
Vomiting (Age 6-21)	Abdomen or Digestive Symptoms
Vomiting (Baby on Breastmilk)	Abdomen or Digestive Symptoms
Vomiting (Baby on Formula)	Abdomen or Digestive Symptoms
Vulvitis from Soap	Genital or Urinary Symptoms
Wart - Plantar	Skin - Localized Symptoms
Warts	Skin - Localized Symptoms
Weaning From the Bottle - 12 Months or Older	Eating Problems
Weaning From the Bottle - Before 12 Months	Eating Problems
Whining and Pestering	Behavior Problems
Wildfire Smoke Exposure	Chest or Breathing Symptoms
Wound Infection	Skin - Localized Symptoms