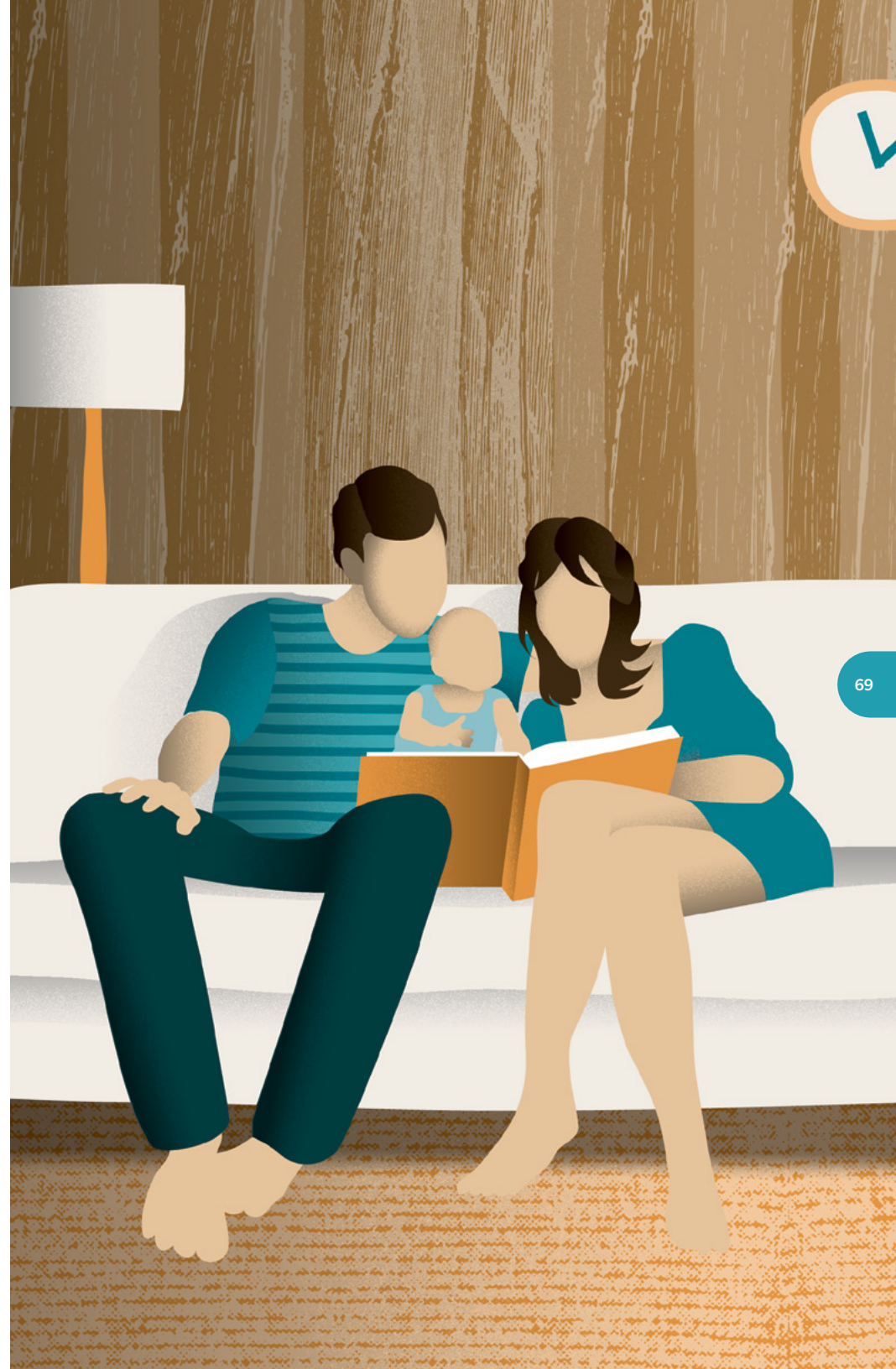


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Additional Resources

In the early days of parenthood, learn all you can about what to expect when it comes to newborn sleep, feeding, and general health and wellness. The following pages include resources recommended by UCLA Health pediatric providers.



Books You Might Find Helpful



“Caring for Your Baby and Young Child, 7th Edition: Birth to Age 5”
American Academy of Pediatrics



“The Happiest Baby on the Block”
Harvey Karp



“The Nursing Mother's Companion, 7th Edition”
Kathleen Huggins



“What to Expect the First Year”
Heidi Murkoff



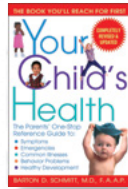
“Heading Home with Your Newborn: From Birth to Reality”
Laura A. Jana MD FAAP and Jennifer Shu MD FAAP



“Touchpoints: Birth to Three”
T. Berry Brazelton and Joshua D. Sparrow



“Baby 411: Clear Answers & Smart Advice For Your Baby's First Year”
Denise Fields and Ari Brown M.D.



“Your Child's Health: The Parents' One-Stop Reference Guide to: Symptoms, Emergencies, Common Illnesses, Behavior Problems, and Healthy Development”
Barton D. Schmitt



“Healthy Sleep Habits, Happy Child”
Marc Weissbluth

Websites You Might Find Helpful



PARENTING RESOURCES

- American Academy of Pediatrics parenting website
healthychildren.org



HEALTH INFORMATION

- Centers for Disease Control and Prevention: Vaccine information
cdc.gov/vaccines
- American Academy of Pediatrics
aap.org
- The National Institutes of Health
nih.gov
- Shot by Shot: Vaccine stories
shotbyshot.org
- What to Expect
whattoexpect.com
- Postpartum Support International
postpartum.net
- NIH Drugs and Lactation Database (LactMed)
ncbi.nlm.nih.gov/books/NBK501922



EXPECTANT AND POSTPARTUM MOTHERS



GENERAL BABY WEBSITES

- Baby Center
babycenter.com
- Kidsource
kidsource.com
- Kids Health
kidshealth.org



SAFETY WEBSITES

- Poison Control
aapcc.org
- Safe Kids Worldwide
safekids.org
- SafetyBeltSafe U.S.A.
carseat.org
- U.S. Consumer Product Safety Commission
cpsc.gov



SPECIALTY GROUPS

- Parents of kids with infectious diseases
pkids.org
- An orthopedic website created by a pediatric orthopedic surgeon
orthoseek.com