



## Infant/Toddler

1. Attitude Lessons Learned from my Dad
2. Dr. Kilbane on "Winterizing Your Children"
3. The Rhythm of Pediatrics
4. Safe Sleep Environment for Infants
5. Tincture of Time
6. Teething, Just the Facts Ma'am
7. Fever Facts
8. Adopt a Healthy Dental Diet
9. Baby's First Solid Food: When and How
10. Food Allergy in Children
11. Breast Feeding Decisions with Anne Gessner PNP
12. Probiotics Update with Dr. Kilbane
13. Potty Training – Let's Get Started Right!
14. Babies, Water, and Salt – A Briny Mix



## School Age

1. Attitude Lessons Learned from my Dad
2. Dr. Kilbane on "Winterizing" Your Children
3. The Rhythm of Pediatrics
4. Tincture of Time
5. Fever Facts
6. Adopt a Healthy Dental Diet for your Children
7. Food Allergy in Children
8. Probiotics Update with Dr. Sheila Kilbane
9. ADD – An Integrative Approach with Dr. Sheila Kilbane
10. When Sports Participation Begins to Hurt
11. Poison Ivy – Just Leaf it Alone!
12. What is the 'Fever' in Hay Fever? A Q and A with 'Simon'



## Teenage/Adolescent

1. Attitude Lessons Learned From my Dad
2. Dr. Kilbane on 'Winterizing' Your Children
3. The Rhythm of Pediatrics
4. Tincture of Time
5. Fever Facts
6. Adopt a Healthy Dental Diet for Your Children
7. Food Allergy in Children
8. Probiotics Update with Dr. Sheila Kilbane
9. ADD – An Integrative Approach with Dr. Shelia Kilbane
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11. Poison Ivy – Just Leaf it Alone!
12. What is the 'Fever' in Hay Fever? Q and A with 'Simon'

15. What is the 'Fever' in Hay Fever? Q and A with 'Simon'

16. Changing Diapers; Hazardous to Your Health?

17. Let's Not Forget to Care for the Mamas and the Papas!

18. What's Up with all the Children with Allergies?

19. If, When, and Why Your Child Should Have a CBC

20. Grandma, Cod Liver Oil, and the 2011 News Regarding Vitamin D

21. Can Children be Spoiled?

22. Dermatologist Dr. Susan Primmer Answers Must Know Questions About Eczema in Children

23. The Physiology of Dehydration

24. Retrospective Thoughts from 2010

25. Why You Shouldn't Let Sleeping Babies Lie

26. Milk Transition When, Why, and How

27. Thanksgiving Thoughts 2010

28. What to do if your child is a 'potty refuser'

29. Understanding Your Child's Ear Infections Step by Step

13. Let's Not Forget to Care for the Mamas and the Papas!

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19. The Physiology of Dehydration – A Parent's Guide

20. Getting a Grippe on the 'Moving Target' We Call Influenza

21. Retrospective Thoughts from 2010

22. Thanksgiving Thoughts 2010

23. Antiperspirant and Deodorant Facts...No Sweat!

24. Understanding Your Child's Ear Infections Step by Step

25. Swimming, A Basic Life Skill All Children Need to Know

26. Shaping Your Child's Character, Leading by Example

27. Starting Young Children Towards a Life of Literacy

13. Let's Not Forget to Care for the Mamas and the Papas!

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23. Swimming, A Basic Life Skill all Children Need to Know

24. Stopping Bug Bites Before They Happen

25. Making Sense of Your Child's Next Virus

26. The Naked Truth About Acne from Dr. Primmer

30. Shaping Your Child's Character, Leading by Example

31. Spicy Feet, The Latest Recommendations Regarding Cough and Cold

32. Going Public with Your Newborn, How and When!

33. What's New with Umbilical Cord Care in Newborns

34. Dealing with Diaper Rashes

35. Making Sense of Your Child's Next Virus

36. Little Teeth, Handle with Care

37. Sleepless Nights...Beyond the Crib

38. Mommy, My PeePee Hurts!

39. Keeping Abreast of Breast Milk Facts

40. The First Week Home with Your New Baby

41. The Supper Table Revisited

42. Why Your Child Should Avoid Sugary Drinks!

43. How to Discipline Your Child...with Respect!

44. A 'How to' Guide to Swallowing Pills for Children

45. Injury Prevention for Little People

28. Spicy Feet and the Latest Recommendations Regarding Cough and Cold Medicines for Young Children from FDA and Moms

29. Stopping Bug Bites Before They Happen

30. Making Sense of Your Child's Next Virus

31. Mommy, My PeePee Hurts!

32. Playgrounds, No Parents Allowed!

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38. Essential Knowledge for Parents About Hepatitis B

39. Answers to Skin Care Questions by Dr. Sue Primmer

40. Eyedrops Made Simple

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46. How to Choose a Doc

47. What Parents Need to Know about Infant Temperature Control

48. Straight Talk About Sleep in Infancy

49. Essential Knowledge for Parents about Hepatitis B

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