

## Books

We suggest that parents keep a few books handy for reference. When you have a concern about your child's health, the first place to turn is one of these books. Another good source is the Internet: we've provided you with several links that might answer your questions (see [Web Links](#) on our For Parents page). If the answer is not available in any of these resources, or if the book or website suggests that you call your doctor, then please call us. This list is not comprehensive, but merely a compilation of books that we have found useful.

### **What to Expect During the First Year**

*by Heidi Murkoff, Sandee Hathaway, Arlene Eisenberg*

This is a great, fairly comprehensive, easy to read book that has a wealth of information about normal growth and development, routine care of an infant, and information about common ailments during infancy. Many are familiar with it because of its predecessor, "What to Expect When You're Expecting." The follow-up, **What to Expect The Toddler Years** by Arlene Eisenberg is also very useful.

Several American Academy of Pediatrics publications are helpful, though somewhat drier to read than the What to Expect series:

- **Your Baby's First Year**
- **Caring for Your Baby and Young Child: Birth to Age 5**
- **Caring for Your School Age Child: Ages 5 to 12**
- **Caring for Your Teenager**

### **Healthy Sleep Habits, Happy Child**

*by Marc Weissbluth, M.D.*

This book covers sleep issues from birth through adolescence, so it's a good reference to have. It can also come packaged with an additional volume, **Your Fussy Baby**.

### **Solve Your Child's Sleep Problems**

*by Richard Ferber, M.D.*

Some parents don't like the harsher approach of Dr. Weissbluth's book mentioned above, and prefer this one. There are some that find the methods in both these books too harsh, and opt for others, though we feel one of these two should suffice for most patients.

### **1,2,3 Magic: Effective Discipline for Children 2-12**

*by Thomas W. Phelan, Ph.D.*

A very easy to read, effective method for discipline. Dr. Phelan also gives extremely useful presentations on this topic to parents in the western suburbs of Chicago frequently.