

Recommended Sources of Information for Raising Healthy Children

There are many excellent references on raising children. We feel these are among the most helpful.

Infant Feeding

- The Womanly Art of Breast Feeding
 - La Leche International
 - www.la lecheleague.org
- The Ultimate Breastfeeding Book of Answers
 - Dr. Jack Newman, Prima Press
 - www.breastfeedingnet.com
- The Nursing Mother's Companion
 - Kathleen Huggins, Harvard Common Press
- Breastfeeding: A Parent's Guide
 - Amy Spangler, Abby Drue, Inc.

Behavior

- Little People--Guidelines for Common Sense Child Rearing
 - E.A. Christopherson, Overland Press
- Beyond Discipline--Guidelines for Common Sense Child Rearing,
 - E.A. Christopherson, Overland Press
- Touchpoints--Children's Emotional and Behavioral Development
 - T. Berry Brazelton, Addison-Wesley Press.

- **The Lincoln Pediatric Group**
4501 South 70th St.
Suite 110
Lincoln, NE 68516
www.lincolnpedsgroup.com

Health Information

- Your Child's Health
 - Barton Schmitt, MD--Bantam Books
- Caring for Your Baby and Young Child
 - Steven Shelov, MD--editor, AAP
- American Academy of Pediatrics
 - www.aap.org
- Bryan-LGH Medical Center
 - www.bryanlgh.org
- St. Elizabeth Regional Medical Center
 - www.saintelizabethonline.com
- Centers for Disease Control
 - www.cdc.gov
 - Travel information
 - Preventing and controlling disease, injury and disability
- Healthfinder
 - www.healthfinder.gov
 - US Government sponsored site
 - Search for health information, resources and services
- Mayo Clinic
 - www.mayohealth.org
 - Health information and advice
- National Institutes of Health
 - www.nih.gov
 - Information on preventing, detecting, diagnosing, and treating disease and disability
- National Organization of Rare Disorders
 - <http://www.rarediseases.org>
 - Dedicated to helping people with rare "orphan" diseases and assisting the organizations that serve them.