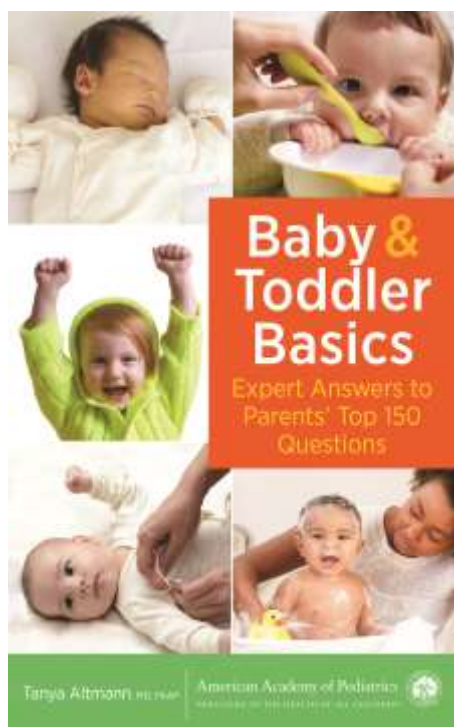




## New Book – **Baby and Toddler Basics** – by Renowned Pediatrician Dr. Tanya Altmann Provides Expert Answers to Parents' Top 150 Questions

*Dr. Tanya manages to make you feel like your best friend and your pediatrician have come together to write this new parent guidebook, just for you. **Baby and Toddler Basics** is engaging and essential, and I know you will return to it again and again!*

—**Samantha Ettus, work-life expert and national best-selling author of *The Pie Life: A Guilt Free Recipe for Success and Satisfaction***



CHICAGO (February 2018): Is the pacifier okay? How do I know if my baby is allergic to a particular food? How often do I need to take my child's temperature and what is the best way? Parents of children from birth to age 3 can turn to a new book to find answers - from a nationally renowned pediatrician - to their most frequently asked questions: from breastfeeding to fever, safe sleeping and everything in between.

***Baby and Toddler Basics: Expert Answers to Parents' Top 150 Questions*** (American Academy of Pediatrics, \$16.95, February 6, 2018), by Tanya Altmann,

MD, FAAP, focuses on parents' **top 150 questions**, based on her years in practice, offering helpful, friendly and straightforward guidance in an easily digestible "Q & A" format. Dr. Altmann's clear answers to the leading inquiries about baby and toddler health will help parents take the right actions at home and alert them when it would be best to call their pediatrician.

"Most new parents have questions – usually lots of them," said Dr. Altmann. "New moms and dads and even grandparents will greatly appreciate having trusted answers to the most frequently asked-about topics right at their fingertips."

While an internet search of these questions could yield dozens of answers, many from dubious sources, Dr. Altmann addresses parents' concerns with her expertise as a leading pediatrician backed by the trusted authority of the American Academy of Pediatrics (AAP). *Baby and Toddler Basics*' clear Q & A layout makes searching for info just as fast as an Internet search, but with immediate answers that parents can fully trust.

Topics covered include the delivery room, breastfeeding, developmental stages, fever, first aid and injuries, general baby care, pooping, safe sleeping and sleep challenges, stomach ache and illness, vaccines and much more. With *Baby and Toddler Basics*, parents can keep their own "portable pediatrician" in their diaper bag, on their nightstand or on their mobile device (for those who prefer e-book), always ready with reassuring answers.

**Tanya Altmann, MD, FAAP**, is a practicing pediatrician who founded Calabasas Pediatrics, frequent television news expert contributor and American Academy of Pediatrics spokesperson. She is also an assistant clinical professor at Mattel Children's Hospital at UCLA, sits on the editorial advisory board for Sharecare and is the editor-in-chief of the upcoming seventh edition of the American Academy of Pediatrics flagship book *Caring for Your Baby and Young Child: Birth to Age 5* and the author of *Mommy Calls* and *What to Feed Your Baby*. She lives in Los Angeles with her husband and three sons.

Book Details:

Title: *Baby and Toddler Basics: Expert Answers to Parents' Top 150 Questions*

Author: Tanya Altmann, MD, FAAP

Publisher: American Academy of Pediatrics, Distributed by Perseus Distribution

Publication: February 6, 2018, \$16.95, ISBN: 9781610021265, eBook ISBN: 9781610021272

Parenting & Family Care, 276 pages

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