

SUSAN MARKEL, MD

with LINDA F. PALMER



What Your Pediatrician Doesn't Know Can Hurt Your Child

*A More Natural Approach
to Parenting*



Susan Markel

What Your Pediatrician Doesn't Know Can Hurt Your Child: A More Natural Approach to Parenting



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Too often, parents ignore their instincts and better feeling to check out their doctor's advice, such as for example overtreating vulnerable kids, letting infants cry themselves to rest and giving their kids cow's milk for strong bones, despite the fact that strong evidence shows non-e of these practices is the greatest route. Parents will find comprehensive answers to specific health concerns and issues affecting kids, such as:

- Susan Markel, formerly a regular contributor to BabyCenter.s gaps in knowledge is Dr. Common illnesses and drug usage
- s many popular parenting site; and a La Leche League International medical liaison, and Linda F. Palmer, D.C. Attention deficit disorder
- Nourishment, including breastfeeding
- Shared sleep
- encounter, Dr. Markel has arrive to find that much less intervention in the organic processes generally brings superior outcomes.

While providing helpful how-to natural parenting ideas throughout, What Your Pediatrician Doesn't Know Can Hurt Your Child gives parents insight into many instances where regular pediatric dogma is in conflict with the best study. Revealing the medical sector' This new function combines the most recent research with solid guidance from a pediatrician who dares to defy her rote education and big-industry-supported dogma and look for parent- and child-centered options in all respects of child care. As a mom and a pediatrician with 30 years'com, the world' Allergies and asthma

- , author of Baby Matters, in What Your Pediatrician Doesn't Know Can Hurt Your Child. Emotional wellness
- Discipline

In a reader-friendly, succinct format, not really bogged straight down by scientific digressions, this reserve will assist parents in making the best possible options for the mental and physical wellness of their children.



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I loved and appreciate every bit. I mean really. THIS Reserve IS CRUCIAL HAVE I can not commence to describe how great and important this reserve is. Every parent wants this! Her suggestions about the eye ointment and vitamin K will be very helpful to fresh parents in navigating this region. My New Beloved Attachment Parenting book When I began my parenting trip, I didn't know exactly what that would bring. Rather, she lays out the reality about the real risks of formula feeding, medicines, and vaccinations, and quotations research of the enormous benefits of breastfeeding and attachment parenting. Parents are the true experts in keeping their children's bodies and spirits whole. Once my child was created, I was right now thrust into a globe I didn't possess a nearly enough information regarding. I felt lost and alone sometimes. There suddenly became so many things I got to now think about, and I truly hardly ever realized I experienced to think about things such as vaccines, sleeping plans, education, baby carriers, autism, etc. I felt dropped in my journey at moments. There are a great many books that I came across along my way into parenthood. My all time favorite is the Drs. Many thanks Dr. I am honest. When I came across the book, I had no idea who he was nor about attachment parenting. I simply bought the book because of the sweet baby bottoms. The pediatrician writer clearly explains precisely what you need to know about raising children with purpose and integrity. I take advantage of to provide this book to friends who were expecting because it helped me therefore much find out about what was vital that you my child and how exactly to comfort her and be near her when she required me most. I really like giving assets where my clients may then go and reference the information for themselves. My new favorite attachment parenting book is What your Pediatrician Doesn't know Can Hurt your son or daughter Dr. You cannot "spoil" infants by sleeping with them, holding them and responding to their needs. I wish the name wasn't so harsh in order that it didn't may actually have an agenda, nonetheless it is beginning to grow on me. I'm thinking easily was an initial time parent and saw this name, it would draw me in a little more. The author is very knowledgable and actually knows the answers. I QUICKLY would be happy! It really is so full of info. I am thrilled to find her discuss immediate newborn care in the hospital. I discuss with my students program vitamin K shots, eyesight prophylaxis, immediate breastfeeding, jaundice, and hep B. There are a few other topics, but they are the big types we discuss. I really like that What your Pediatrician Doesn't Know addresses these in the first chapter. I have found that occasionally my clients forget these details because I do not offer them an excellent go to source for this info. I think I've found the new resource and companion book for my classes. I really like also that her chapters consist of works cited! But, I believe I have found a fresh great parenting lead and will be providing it in my course within acquiring my Brio Birth Classes. Sears' The Baby Reserve.? Markel tells the true story about pediatric medication. She also continues her discussion of attachment parenting and gentle self-discipline into toddler and early childhood.. One powerful estimate by Susan rings accurate, "A mother's instincts are worth more than a medical level. My child has asthma related to allergic rhinitis, and I have wondered if getting rid of milk would help. I like her undertake this and am willing to try anything to greatly help him. I also like her appearance at newer concepts in fighting infection (honey is mentioned! Great read I found this very useful and informative. That is for the mother or father to decide, not really the pediatrician. I also learned that the "norm" that you would think is best for your child ISN'T necessarily true or healthy for your child. All in all, I would definitely recommend Markel's publication to any new parent. This chapter would help any parent feeling like they need a choose me up in parenting. We all know it can be difficult, and going for a few moments to read this again, would definitely helps on days past when you feel down about the choices you have made. My favorite part of her book is the

Epilogue titled "Reassurance in the Quest for Happiness". I really like finding new attachment parenting books to spread to people and really was searching for a go to book to provide my clients for after they have their infants. Stacy Lewis, B.A. Ed. I am constantly searching for books and info that will assist parents to get a different perspective about the more normal and choice options that are offered to them that their pediatricians may not know or informing them about. I'd pick and choose it up. She doesn't ever say "check with your pediatrician", like many books of the same genre do. I highly recommend this publication to all or any parents.) and minerals and vitamins for kids. But this publication isn't just about medical procedures and doctor's appointments. A book for each parent to read! It not merely validated what I "thought" was the right thing to do, but I also learned so many new points that I acquired no idea will be such a benefit to my kid. Susan Markel, pediatrician, authorized lactation consultant, and attachment parenting specialist, confirms in her book 'What Your Pediatrician Doesn't Know Can Hurt Your Child' what millions of parents around the globe have learned through learning from your errors; A breath of fresh air among stacks of parenting books that say "consult with your healthcare provider." The name of the book is a breath of oxygen among stacks of parenting books that say "check with your healthcare provider. Just what a great book! Following a "doctor's orders" is simply as likely to be harming to your child's health as it is usually to be beneficial. Right from the start of the reserve, Susan's emphasis is that you ought to seek to be as informed as possible about your choices and use your parental instincts instead of succumbing to cultural and authoritative pressures. That is great to read before your baby is born; This begins during being pregnant, when you make choices regarding the tests and techniques you should have and where you will give birth. It starts off at the time of birth, mentioning the impact that birth has on your baby and briefly covers the normal medical procedures which are completed within the 1st hours and times of your baby's existence. I feel strongly about having an all natural appropriate first towards raising my child. Susan seeks to address the most crucial areas of every baby and toddler's life including nourishment, bonding, rest, and behavior. Many baby care books are either extremely thick or oversized in some other way. This may seem silly, but among the things I love best concerning this book may be the size. What I really appreciate is Susan's boldness on such controversial topics. Throughout the reserve, she doesn't bother attempting to be politically correct; Yes, I understood that I would have sleepless nights and messy diapers. If you are searching for your doctor's approval, this book is not for you. The concepts in this book are not the opinion of all doctors and pediatricians, and I can guarantee there will be plenty of elevated eyebrows and shaking heads. I think it is amazing that Susan herself is a pediatrician. She spills a few secrets about the pediatric career that may surprise you. I have already been having some thoughts about my very own families diet and genuinely have felt we had a need to address some issues going on with milk as well. "Originally published at NaturalFamilyToday.com A Great Reference That You Can Hold Dr. You may be very surprised at what you learn from this physician that wrote the reserve. As the title implies, this book is intended to be used with the standard sort of publication that covers breastfeeding, burping and diaper issues. I really like the fact that this book has a complete chapter on birth-related issues but then gets to the heart of how parents can simply be their child's best advocate about all sorts of health issues. I especially like her treatment of fever and ear canal infections. She even manuals you through the modern vaccination schedule and provides excellent suggestions on how best to calmly get hold of your doctor about delaying as well as skipping vaccinations completely. She covers breastfeeding, baby-wearing, co-sleeping, conversation, attachment, health, and natural treatments. They're hard to take care of, specifically with a baby in a single hand. This is a publication that you can

actually read while you're breastfeeding or cuddling baby, which is what this book is about anyway. Validated my natural instincts Really enjoyed this insightful read. Why has no one told us this before? Parenting with intention and integrity I love this book therefore will you and all parents. Significantly, I kid you not really. Sections encompass emotional, physical, behavioral and developmental problems, usually with an attitude toward an instinctive and natural life style that discourages reliance on the Western medical model. Why is I didn't recognize the full responsibilities of being a parent. Every chapter is completely researched with extensive footnotes, therefore Dr. Markel backs up precisely what she says. A most effective resource for the long term. A must-have book for all parents As a parenting professional and discipline expert, I recommend this book for all parents who are interested in using unconditional like in raising their children. Everything in this publication is conducive to increasing a happy and content child that's likely to develop into a contributing member of society. Babies need to be carried in a wrap or other soft babywearing gadgets. The story behind most of the childhood vaccines is given in a concise method that helps parents to decide which, if any, vaccines are necessary. A FANTASTIC, Informative, Well Researched Book A friend who is physician first recommended this book to me. I've utilized it extensively, both as a mother and a researcher (I reveal health and parenting), since. Total disclosure: I also interviewed Dr. Markel about the publication and her research, and watched one of her lectures, though she and I have not met personally. This book is effective, sensible, well researched, and well referenced. Why aren't we told this in biology classes? If you've ever still left a pediatrician's workplace wondering about the guidance you were given, frustrated by a lack of extensive information, or just hoping to better understand what is going on physically together with your child, purchase this book. I absolutely LOVE, LOVE this publication! A Must Read Publication For All Parents! Susan Markel, unlike so many of today's doctors, isn't afraid to buck the position quo and tell you both sides of what you ought to know about maintaining your children healthy, despite the fact that, ironically, what she has to say may go against your doctor's orders.! This book is a must read for all parents, new parent's or in the event that you already have children. There's so much wonderful details that I couldn't place this reserve down! I am a reseacher & I can let you know, everything in this reserve holds true to a tee. I wish I could get yourself a copy into every parents' hands. The last part of her book discusses vaccines. This reserve will let you know all the reasons why you perform or don't wish to accomplish things together with your child. It is so beneficial on healthful lessons every parent should know to keep their baby/child healthy, that I'd have paid double for this book. I recommend this publication to all my friends. If you are expecting, your investment baby name reserve, this is the publication you want! Markel offers clearly done her analysis about the complicated problems around newborn remedies and procedures. A "must read" for ALL parents! As a mother or father educator, Nurse-Midwife, Lactation Consultant and Mother.I think what I like most about her publication and where Sears' drops off is her comprehensive look into childhood problems of ADHD, autism, nutrition and milk allergies, and tantrums., LE Best Parenting Book The title of the book says everything! Separating your child from you in cribs and plastic material contraptions causes flat heads, delays in electric motor development and creates sub ideal neurological developpment.! It is so great to finally look for a typically trained pediatrician that is able to step outside the "box", regard kids as individuals with unique needs, and support parents to fully trust their instincts. A perfect balance between traditional medical suggestions and a natural, alternative approach. I completely recommend! The chapters are comprehensive enough to provide and explain the information, but not too long where the detail can become overwhelming.! It's a book that any thinking mother or father

wants to have on her book shelf.?? It's therefore refreshing and validating as a mom to know our natural instincts truly are backed by technology! Markel!? The many benefits of holding are delineated in a chapter about maintaining your baby close. We are happy to see an updated version of attachment parenting concepts which discusses proper babywearing techniques and shows a number of different slings, wraps, and also an Ergo! She actually is not judgmental, simply honest and useful. Susan Markel, MD. This book ought to be given out to every parent taking a new baby home for the 1st time. Dr. This publication does just that, in a way that is simple to understand, introduces them to concepts and information they could not be getting anywhere else and leaves parents empowered to make the decisions that are right for their family. Many thanks Susan Markel for a manual for each child! All medication (prescription and normally) have unwanted effects and often hinder nature. The question to research is what exactly are the hidden side effects? Can they outweigh the perceived benefits? She goes into detail for nutrition for a vegetarian diet for children as well. DR Markel works with that look at totally. The chapters on diet and breastfeeding are so valuable - everything you feed your kid is the most important factor in his / her wellness. Everything in the reserve is backed up with extensive research.



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