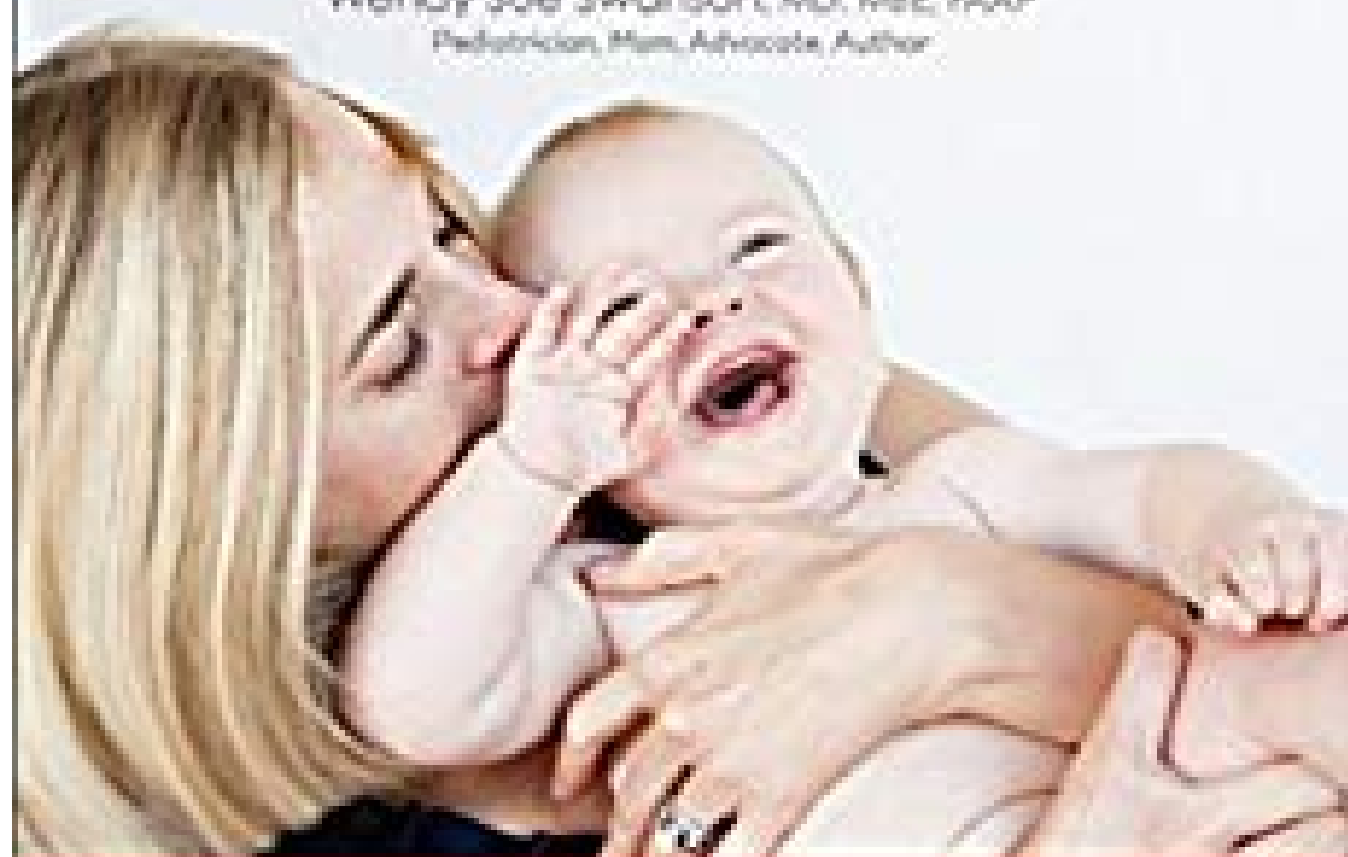


# Mama Doc Medicine

Finding Calm and Confidence in Parenting,  
Child Health, and Work-Life Balance

Wendy Sue Swanson, MD, MBE, FAAP  
Pediatrician, Mom, Advocate, Author



American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



Wendy Sue Swanson

Mama Doc Medicine: Finding Calm and Confidence in Parenting, Child Health, and Work-Life Balance



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Parents want to do what's ideal, Pediatrician, mom and blogger Dr. Yet many parents find that defining what's right can often be elusive, so Dr. Swanson has created this innovative instruction to help queries of parenting; Immunizations4. Social-Emotional Support3. Work-Life Stability/Mothering Using Dr. Swanson's experience as a mom and physician, this book provides simple answers to the &who&how, &what, & Based on the popular SeattleMamaDoc blog, Mama Doc Medication is a timely assortment of nearly 100 entries grouped beneath the following headings:1.why, and Prevention for Infants and Toddlers2. explains Mama Doc blogger and doctor Wendy Sue Swanson. Wendy Sue Swanson helps decipher today's conflicting medical opinions, offers helpful online language resources, and shares what she's learned over a long time from her patients, family and friends in this enlightening instruction to parenting.



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Book is by author of a popular mommy blogger. Parenting may be the most terrifying and satisfying of most experiences. I came apart with renewed belief that, with a few important exceptions, our child's health and well being is most impacted by us loving them the best way we know how. I desire I had this reserve then and I'm grateful to own it today. On another note - I've ADD when I read which book kept me occupied. And I think what I enjoy most about this reserve is that the useful "medical" topics are in the context of the public and emotional issues that we all feel and worry about: how to be considered a good mother or father while being focused on your job, or how to talk children about tragedies in the news headlines. You took enough time to read this, this means you're considering the purchase - click "add to cart". Her publication is an excellent new reference for parents and all who care for kids. Swanson, a pediatrician and mom, has an unmatched ability to breakdown emerging science around kid health into relatable, useful tips. Fantastic new resource for parents and all who care for kids Dr. Each one of the book's four sections is divided into brief, pithy chapters suitable to the stolen moments of time we generally have as parents. It had been a great read cover to cover, nonetheless it certainly wouldn't have to be read this way. That is a book one could easily pick up and read for 5-10 a few minutes on a topic that you are concerned about, finding answers to those night time questions efficiently. It really is obviously a publication written for the digital age group parent with useful infographics and links to websites with further information. Dr. Swanson's subtitle is "Selecting Calm and Confidence in Parenting, Kid Health, and Work-Life Balance" and remarkably (unlike a great many other parenting books) I did so feel more calm for having examine this reserve. I happen to be a doctor (though not a pediatrician) rather than have I felt so clueless as in my own initial years as a mother or father. What a phenomenal undertake general pediatrics. Wendy Sue Swanson brings levity and proof to the issues we grapple with every day.) and her personal observations. Most of us likely know this instinctively...Dr.. Mama Doc Medicine covers relevant, everyday, issues such as colic, violent video games, growth charts, my personal fave - lice infections, and more. I do not need children but as a pediatric resident, I obtain my insight from non-e apart from the parents that handle the woes of increasing babies. As a mother and pediatrician, Dr. this book is compiled by a mother and pediatrician, which should make a mother or father feel assured about the reading. whether you are first-timers or have got kids a few years outdated, this is a must examine. Wendy Sue Swanson guides us through essential and confusing issues like colic, dealing with lice, and immunizations. With most books, I could get through 4-5 pages, I get distracted and its off to the races. Mama Doc Medication totally mixes it up between short, high-yield chapters, "Mama Doc Vitals" highlight sections, excerpts from her twitter accounts, graphics, professional interviews, and an overall entertaining style of prose. One tip I've currently benefited from because I examine it in her blog: much of the joy from vacations is definitely from the anticipation, so plan some significantly ahead, even short ones. Arm yourself with details, nurture yourself with understanding I'm a faithful reader of the Seattle Mama Doc blog page and bought the reserve so I could have it as a handy reference I could flip through by myself (there's still something about the imprinted page that I really like). I've found new ideas as well as old favorites which have new resonance for me personally -- like sleep strategies for teens given that my oldest is certainly in that category (he wasn't the 1st time I'd go through that essay). A couple of things I really enjoy about Wendy Sue Swanson's work: she cites facts and delivers insights with a smile, as an understanding and professional friend. Arm yourself with those details and nurture yourself by reading her personal take on them. this is a book that will actually HELP you be the best parent you may be. She is a great

writer, clever, honest, and right down to earth.. The first parenting book where There is advice on how best to practically approach the issue of head lice--but seriously--Useful for both parents and the practitioners who care for their children, Dr. But having it reinforced in that lovely way is perhaps the best reason to learn Mama Doc Medication. Each chapter is incredibly useful and punctuated by her own tales as a concerned mother or father and pediatrician. many topics that most parents might not think to ask the doctor about. great read for parents this is a great, informative book for parents. Absolutely key for us rookies! She seamlessly weaves in the expertise of the network of trusted pediatric subspecialists that she's built through greater than a decade of medical teaching and practice. Swanson has sparkling duality in her information. Companion book to the blog Purchased as a gift.A textbook, actuality check, parenting information, and even a therapist -- for all of us. If you want her blog you'll like the book Necessary Reading for All Parents Dr. Wendy Sue Swanson is a renowned pediatrician, but she's also a devoted mother to two sons. She presents practical advice--and shares personal experiences--and makes even probably the most challenging issues clear. This book is a treasure. Wildly Helpful, Data-Driven Parenting Playbook Listen up moms-to-end up being (and parents to kids of all ages).. Swanson is definitely a pioneer in using innovative communication strategies which book is no exception. A concise, thoughtful, yet accessible companion reserve for the journey of parenthood. Instead of spending unlimited hours on BabyCenter message boards and searching Google, read this book. It spans being pregnant to teen years and addresses almost anything you're concerned about: baby sleep, toddler rest, parental rest, vaccines, screen time, fevers, head lice, tantrums, bottle feeding, breast feeding, the ever elusive work/life balance plus much more. The author is a pediatrician, mother & spokesperson for the American Academy of Pediatrics. She actually is wicked intelligent, understands her mommy stuff and brings data & humor to difficult parenting topics. That is a complete home-run, MUST read. Very informative. Love it. Love it. Three Stars Okay Enjoyed this book Wasn't sure what to expect with this book as its not the traditional "guide to your son or daughter" but really appreciated it.. A refreshing combo of up-to-the minute medical info on hot pediatric topics (immunizations, child safety, etc. Insightful, interesting, and thought-provoking! Recommend this.



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