

American Academy of Pediatrics

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DEDICATED TO THE HEALTH OF ALL CHILDREN™



# Healthy Children

Fall 2007

## Rotavirus

Preparing for  
Seasonal Sickness

## Food Fights

Bring Peas  
and Harmony  
to the Family Table

## Learning Disabilities

Help Your Child  
Overcome and Achieve

## Your Teenager's Brain

What's Going on  
in There?

Waiting Room Copy

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## An Ounce of Prevention ...

There are few topics of more concern to parents than their child's routine immunizations. What are they? When should they be given? What happens if my child has missed one or more?

Pediatricians know that the answers to these and other questions are important to you. That's why it's one of the best reasons for you to work closely with your pediatrician. This close, long-term relationship is a part of a "medical home" — a pediatric practice that knows your child at each stage of development and provides immunizations and other medical resources on a consistent, personal basis.

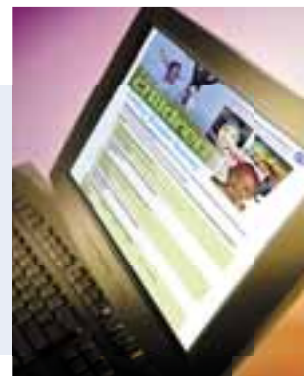
In this issue, you will find an article on the diarrhea-causing disease rotavirus (page 8) and why this recently approved vaccine needs to be a part of your child's routine immunization plan. The American Academy of Pediatrics (AAP) also recommends the rotavirus vaccine in the lineup of immunizations given to all infants. I urge you to make sure that you and your pediatrician make this part of your infant's immunization strategy.

In this Fall 2007 issue of *Healthy Children*, we also look at the role of nutrition in your child's health — from winning the nutritional challenges of parenthood (page 17) to finding help if you suspect your child has an eating disorder (page 13). We'll also examine developmental issues, including a healthy baby's growth during the first five years (page 28), the autism spectrum of disorders (page 24), and the connections between the teenage brain and teenage behavior (page 26).

We hope you will find this issue of *Healthy Children* to be another valuable source of information to help your child stay safe and well through every season.

Jay E. Berkelhamer, M.D., FAAP  
President, American Academy of Pediatrics

**In order to provide parents with the highest-quality, most useful magazine possible, the American Academy of Pediatrics would like your opinion about its new parenting publication. Please take a few minutes to share your thoughts and complete a survey at [www.aap.org/healthychildren](http://www.aap.org/healthychildren). All responses received by December 3, 2007, will be entered into a drawing for a publication gift pack.**



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Healthy Children is published by Vitality Communications  
407 Norwalk St., Greensboro, NC 27407 | (336) 547-8970



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## 2 Welcome

Dr. Jay Berkelhamer, AAP president, welcomes you to AAP's authoritative resource for parents.

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The American Academy of Pediatrics would like to thank MERCK for their sponsorship of this issue of *Healthy Children*.