

American Academy of Pediatrics

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™



Fall 2008

Healthy Children

Eating Right at Every Stage

Children's changing
nutrition needs

Mommy Calls

A pediatrician
answers your
FAQs

Vaccinations

Older children
need them, too

Teenage Headaches

When to see a pediatrician

Multiple Births

The rewards and challenges

Waiting Room Copy

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We're Turning Two!

Welcome to *Healthy Children's* Fall issue for 2008! This issue represents the second anniversary of our magazine, and we are delighted to reach this milestone with you. It also represents my last issue of *Healthy Children* as president of the American Academy of Pediatrics (AAP). It has been a joy and privilege to serve as AAP president and share information to help you keep your child healthy.

Vaccination is very much in the news again, with a fresh outbreak of measles that appears to have started among unvaccinated children. The AAP continues to take a very proactive stance on the proven lifesaving importance of immunization, and we take a fresh look at vaccinations in this issue. Learn why it's every bit as important now to get your children vaccinated than it ever has been (page 12), and what vaccines can protect your children from.

Also in this issue, we take a closer look at childhood nutrition by development stage, from infancy through the teenage years (page 8). We talk to Dr. Tanya Remer Altmann about her new book, *Mommy Calls: Dr. Tanya Answers Parents' Top 101 Questions About Babies and Toddlers* (page 16). We take a look at the challenges and rewards of being a multiple-birth parent (page 20) and a foster parent (page 18) and of taking on toilet training with your child (page 22). We also examine the issues surrounding teenage headaches (page 24).

As a presidential election approaches, we call on all Americans to make the health and well-being of our children one of our highest national priorities. Healthy children are the foundation of a healthy America. I invite you to share with us how we can continue to address the issues that matter most to you in these pages. Please don't hesitate to let us know how we can be the resource you trust for the most reliable parenting information. You can contact us at healthychildren@aap.org.

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IFC Welcome
Dr. Renée Jenkins, 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 its sponsorship of this issue of *Healthy Children*.