

Healthy Children

Back to School 2008

Success with ADHD

A challenge your family
can overcome — together

Physical Activity

Help your
child find the
right kind

Words to Learn By

How and when to start
your child reading

Home Alone

Teach your kids to
be safe on their own

Outsmarting Bullies

Keep your
child out of
harm's way

Waiting Room Copy



School Days, School Days ...

Welcome to *Healthy Children's* Back-to-School issue! As our children return to their studies for the beginning of the 2008-09 school year, we want to take a closer look at issues that affect them and in particular, their health.

In this issue, we take an in-depth look at what we now know about ADHD and talk with two families who are successfully finding ways to cope with the condition (page 14). We'll suggest ways to help your teen cope with bullying and aggressive behavior (page 24). We'll offer some insights for helping your child choose the right physical activity for his or her interests (page 8). We'll tell you what you need to know about bringing a newborn home from the hospital (page 20), helping your child learn to read (page 22), identifying when your child is old enough to handle being home alone (page 26), and preparing your child for a natural disaster or other tumultuous event (page 12).

As pediatricians, we take the welfare of America's children seriously. As president of the American Academy of Pediatrics, 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 best be the resource you trust for 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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