

Pregnancy Related Health & Nutrition Resources for Spanish Speaking Individuals

**Prenatal, Pregnancy, Birthing, Breastfeeding, and Postnatal
Information for Mothers and Infants**

**This list was edited, reviewed, and revised
from the USDA's**

**“Cultural and Ethnic Food and Nutrition Education Materials: A
Resource List for Educators 2008”**

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<http://www.nal.usda.gov/fnic/pubs/bibs/gen/ethnic.pdf>

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Shared Drive > Hsdph > Health, Nutrition (Spanish & English) >
Pregnancy, Health, & Nutrition Spanish Resources

1. Parenting: The First Year, Parenting: The Second and Third Years

University of Wisconsin-Extension. Revised in 2006 (English), 2007 (Spanish)

Description:

- “In this set of 12 newsletters, find out from child development experts how your baby changes during each month of the first year. Get the latest information on child development, nutrition, health, safety, child care, changes in family life, and much more. Revised in 2006, the newsletters include new articles on if baby is premature, routines for baby, and separation distress, as well as updates on feeding, where baby sleeps, immunizations, and more.” (*UW Extension*)
- Each newsletter is approximately 8-pages.
- Price: \$10.00, or view PDF online for free.

Location:

Online:

English:

Parenting the First Year > Click on month range [e.g. Months 5-6]

<http://learningstore.uwex.edu/Parenting-the-First-Year-P345C0.aspx>

Parenting the Second and Third Years > Click on month range

<http://learningstore.uwex.edu/Parenting-the-Second-and-Third-Years-P346C0.aspx>

Spanish:

El Primer Año del Bebé (Parenting the First Year) > Scroll down to “View the Publications” > Click on a month range [e.g. *Meses 1-2 (months 1-2)*] to view PDF

<http://learningstore.uwex.edu/El-Primer-Ao-del-Beb-Parenting-the-First-Year-P48C0.aspx>

El Segundo y Tercer Año del Niño (Parenting the Second and Third Years)

<http://learningstore.uwex.edu/El-Segundo-y-Tercer-Ao-del-Nio-Parenting-the-Second-and-Third-Years-P49C0.aspx>

2. Wellness Ways Resource Book

University of Illinois Extension

Description:

Wow! This is a great compilation of newsletters, fact sheets, and teaching guides constructed by the University of Illinois-Extension. Many of the materials are available in English AND Spanish!

Locations:

Online:

1. General link for all resources:
 - <http://wellnessways.aces.uiuc.edu/>
2. Featured Selection: Letters from Your Unborn Baby
 - Month-by-month teaching guides in English and Spanish that contain advice for moms regarding nutrition, medical concerns, activity, “about the baby” and “about the mom” sections, and more!
 - <http://wellnessways.aces.uiuc.edu/pregnancy.html>
3. Featured Selection: Building Healthy Lifestyles 2
 - Access teaching guides, educational presentation outlines, and fact sheets for each topic listed below!
Click on the corresponding “check-mark” for materials in Spanish or English (*only fact sheets are available in Spanish*).
 - <http://wellnessways.aces.uiuc.edu/lifestyles/index.html>

Examples:

Eating Right during Pregnancy
Feeding Your Baby
Feeding Your Children Ages 2-5
Meal Planning
Food Labels
Shopping for Food
Food Safety
Grains
Fats and Cholesterol
Fruit
Dairy
Vegetable
Meat & Beans
Breakfast
Snacks and MORE!

3. Folic Acid Recipes (Recetas con el ácido fólico)

Nacersano.org, a March of Dimes sponsored site for Spanish speakers
(Nacersano translation: *healthy birth*), 2008

Description:

- The website explains the importance of folic acid in the prevention of birth defects of the brain and spinal cord. Within the site users may access recipes rich in folic acid which originate from various Spanish-speaking countries such as Venezuela, Guatemala, Puerto Rico, and Mexico. Recipes can be viewed and printed online at no cost.
- There are 19 recipes, **only available in Spanish**.

Rough Translations:

1. Dulce de Batatas (Camote) (BOLIVIA)	1. Candy of Yams (sweet potato)
2. Rellenito Guatemalteco (GUATEMALA)	2. Stuffed Guatemalan (black beans, cinnamon, bananas, and sugar – a dessert)
3. Arroz con Leche (CHILE)	3. Rice with Milk
4. Pastel de Frijoles (EL SALVADOR)	4. Bean Cake
5. Enfrijoladas (MÉXICO)	5. Rolled tortillas in a black bean sauce/purée
6. Acelgas Rellenas de Carne (ESPAÑA)	6. Swiss Chard filled with meat
7. Frijoles Cubanos (CUBA)	7. Cuban beans
8. Guasacaca (VENEZUELA)	8. Avocado Salsa
9. Calabacitas de Queso de Josefina Altamirano (MÉXICO)	9. Calabacitas: a casserole of “little” squash and other vegetables
10. Coliflor con Bechamel estilo Pilar Okie (MÉXICO)	10. Cauliflower with white sauce
11. Solterito Arequipeño (PERÚ)	11. A light salad composed of beans, corn, tomatoes, red onion, green olives, etc.
12. Calabacitas con Crema (MÉXICO)	12. Zucchini & corn simmered in cream.
13. Espinacas Estilo Argentino (ARGENTINA)	13. Spinach Argentine Style
14. Habas con Arroz José (MÉXICO)	14. Beans with Rice
15. Arroz con Gandules (PUERTO RICO)	15. Rice with Pigeon Peas/Beans (Puerto Rico’s national dish)
16. Arroz a la Cartagenera (COLOMBIA)	16. Rice of Cartagena
17. Sopa de Lentejas (COLOMBIA)	17. Lentil Soup
18. Caldo de Bolas Verde (ECUADOR)	18. Soup with onion, pepper, garlic, meat, parsley, yucca, peas, corn
19. Crema de Aguacate (MÉXICO)	19. Cream of Avocado soup

Location:

Online:

Home > ácido fólico > Comidas y Recetas con ácido fólico

www.nacersano.org

Direct Link:

www.nacersano.org/acido_folico/9318.asp

4. Feeding Baby with Breast Milk or Formula

Alimentando a su Bebé con Leche Materna o Biberón

U.S. Department of Health and Human Services, Food and Drug Administration (FDA), 2006.

Description:

- Three-page document which discusses benefits of breastfeeding and gives tips for successful breastfeeding. Also covers selection and safe use of formula.

Location:

Online:

English:

Home > Search: Feeding Baby with Breast Milk or Formula
www.fda.gov

Spanish Language Publications by the Food and Drug Administration > Click on "Feeding Baby with Breast Milk or Formula" > Select PDF Standard Format or PDF Brochure Format in top right corner
<http://www.fda.gov/oc/spanish/english.html>

Direct Link:

<http://www.fda.gov/opacom/lowlit/feedbby.pdf> (English)

Spanish:

Spanish Language Publications by the Food and Drug Administration > Feeding Baby with Breast Milk or Formula > Click on HTML version > At top right corner click "Español" > Click PDF Standard Format or PDF Brochure Format
<http://www.fda.gov/oc/spanish/english.html>

Direct Link:

<http://www.fda.gov/opacom/lowlit/sfeedbby.pdf> (Spanish)

5. Bilingual Nutrition Handout

The Nutrition Education for New Americans Project, USDA

Description:

- One-page handout about child and maternal nutrition summarized in 7 guidelines
- Non-Copyright material for FREE distribution.
- **Note:** The guidelines in these handouts are based on the **old** Food Guide Pyramid and the program that created the handouts no longer has funding so they will not be updated. The contact information on the handouts is not active; however, the materials may still be relevant.

Location:

Online:

Home page

<http://monarch.gsu.edu/multiculturalhealth/>

Spanish Mother & Baby Handout, Direct Link:

[http://monarch.gsu.edu/WebRoot\\$/multiculturalhealth/handouts/spanish//Spanish_mother_baby.pdf](http://monarch.gsu.edu/WebRoot$/multiculturalhealth/handouts/spanish//Spanish_mother_baby.pdf)

6. Kids Health: Website for Parents, Kids, and Teens

Nemours, "a multi-dimensional organization offering personalized clinical and preventive care focused on children." www.nemours.org

Description:

- The Kids Health website contains a variety of articles which can be read in English and Spanish (click upper-right link for Spanish version).
- There is information ranging from postpartum depression, to breastfeeding, to immunization schedules, a GREAT week-by-week pregnancy calendar, and more!
- See APPENDIX for a comprehensive list of the articles available in the "Pregnancy and Newborns" section of the website.

Location:

Online:

Click on "Parents" > Pregnancy & Newborns > Click on desired article
Translate to Spanish using link in upper right corner

<http://kidshealth.org/index.html>

Direct Link:

http://kidshealth.org/parent/pregnancy_newborn/index.html

7. Agricultural Communications Video Marketplace: Videos in Spanish

College of Agriculture and Home Economics at New Mexico State University.
Phone: (505) 646-5368 or (575) 646 -7214

Description:

- Spanish language nutrition education videos which can be ordered.
 - Baby Talk: Listening to Your Baby at Mealtime (en Español) 15 min
 - Healthy Eating for a Healthy Baby (en Español) 17 min
 - The Food Guide Pyramid (en Español) 15 min - old
- All videos are \$19.95 plus \$4.00 shipping & handling

Location:

Online:

NMSU > College of Agriculture and Home Economics > Publications & Videos >
Videos en Español

<http://www.nmsu.edu/>

Direct Link:

<http://www.cahe.nmsu.edu/pubs/videos/spanish.html>

8. Krames Health and Safety Education Brochures

Yardley, PA

Description:

- Includes a large number of Spanish-language nutrition and health education pamphlets that can be ordered.
- Materials are listed under subject titles such as Public Health (many of which are available in Spanish).
- Most materials under \$2.00 each

Examples:

- Understanding Depression, FastGuide – Spanish Version
- How To Eat Healthy, FastGuide – Spanish Version
- Healthy Pregnancy, FastGuide – Spanish Version
- How to Quit Smoking, FastGuide -- Spanish Version
- Women's Health, FastGuide -- Spanish Version

Location:

Online:

Home Page > Print Products > Site Map > *Navigate from here* OR
Home Page > Print Products > Search: "Pregnancy," "Prenatal," or "Postnatal"
<http://www.krames.com/>

Browse Topics (Direct Link):

Women's Health > Prenatal Care OR

Women's Health > Contraceptives & Fertility OR

Women's Health > Postpartum Care

(OR search under Public Health or Pediatrics)

http://www.krames.com/OA_HTML/ibeShopBrws_kra.jsp?dbprod_prod=16FZOAUWVIAWFdSFMDK0EnI0:S&dbprod_prod_pses=ZG1EFD0009FCF536312BB03DD3DE6A9C9A1E47C1EABBEA0D94CE64BC4A48B14547C50227B315F9CD854E002BB045B603448FA2560A8D777A4DC94383374387BE58

9. InJoy Videos

Boulder, CO

Description:

- Educational videos which can be previewed online and ordered in VHS or DVD format.
- Unfortunately, the videos are expensive and you must purchase English and Spanish version separately. On the other hand, the website is very easy to navigate and you are able to thoroughly research the videos before purchasing.
- After clicking on the video title of interest, **preview** the video and view **detailed descriptions** and outlines of the video content under “Product Information.”
- Information on a few selected videos (below) to provide an example:
 - Healthy Steps for Teen Parents:
 - 3 volumes, \$499 whole set or \$199 per volume
 - VOLUMES: Prenatal Care, Labor and Birth, and Postpartum
 - Example from volume 1:
 - What to expect physically - weight gain, fatigue, morning sickness
 - Why regular visits to a health care provider are so important
 - How mom's diet and exercise contribute to the health of their baby
 - How to gather support to help with emotional stress
 - The harmful effects of alcohol, drugs and smoking
 - Why staying in school is critical for teen parents
 - The Dad Difference: Raising Children Birth to Five
 - \$249.85 for the two volume set.
 - Positive Discipline: Without Shaking, Shouting, or Spanking
 - \$124.95 each or \$299.00 for the 3-volume set
 - Volume 1: Babies (Birth to 1)
 - Volume 2: Toddlers (Ages 1 to 2)
 - Volume 3: Preschoolers (Ages 3 to 5)

Location:

Online:

Home page:

<http://www.injoyvideos.com/>

Direct Link to Spanish language videos

<http://www.injoyvideos.com/spanish-titles>

10. March of Dimes Birth Defects Foundation

Nacersano.org; White Plains, NY

Description:

- The March of Dimes foundation recently created a new site catering to Spanish-speaking individuals; nacersano.org (*translation*: healthy birth).
- Navigate the site in Spanish to find a number of Spanish language nutrition education materials on pregnancy-related topics.
- The folic acid recipes listed above (resource #3) are from this website.

Location:

Online:

English: <http://www.modimes.org>

Spanish: <http://www.nacersano.org/>

11. Nutrición Para la Embarazada/"Eating Expectantly"

Bridget Swinney 1 volume (loose-leaf)

NAL Call Number: RG559.N88 2000

Description:

- A set of tip sheets covering various aspects of good nutrition during pregnancy, including meal and snack planning, weight gain, gestational diabetes, vegetarian meal planning, and coping with morning sickness. Note: Spanish title supplied by cataloger, not author.
- Amazon.com \$28.60, paperback

Location:

Search online

12. Fit for Two: Tips for pregnancy

Weight-control Information Network (WIN) an information service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). September 2006.

Description:

- Downloadable PDF brochure that covers various topics including food, weight during and after pregnancy, and physical activity. It is divided into two main topic areas: Healthy Eating and Physical Activity.
- Topics include:
 - What is a healthy eating plan for pregnancy?
 - How many calories should I eat?
 - Why is gaining a healthy amount of weight important?
 - How much weight should I gain during my pregnancy?
 - Do I have any special nutrition needs now that I am pregnant?
 - Can I continue to follow my vegetarian diet during pregnancy?
 - Tips for Healthy Eating
 - What foods should I avoid during pregnancy?
 - Should I be physically active during my pregnancy?
 - What physical activities should I avoid during my pregnancy?
 - Tips for Getting Physically Active
 - What habits should I keep up after my baby is born?
 - Why should I return to a healthy weight after delivery?
 - Be Good to Yourself

Location:

Online:

Download PDF by clicking on link in the left column or view information online.
http://win.niddk.nih.gov/publications/la_futura_mama.htm (Spanish)
<http://win.niddk.nih.gov/publications/two.htm> (English)

13. Helping Your Child: Tips for Parents

Weight-control Information Network (WIN) an information service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). January 2007.

Description:

- Downloadable PDF brochure that covers various topics about physical activity and nutrition for children. Topics include:
 - How will healthy eating and physical activity help my child?
 - How are my child's eating and activity habits formed?
 - What should my child eat?
 - Sources of Calcium
 - How can I help my child eat better?
 - Simple Snack Ideas
 - What about physical activity?
 - How can I help my child be more active?
 - What if my child is overweight?
 - How can I help my overweight child
 - Tips for Parents
 - Additional Reading
 - Childhood Resources

Location:

Online:

Download pdf by clicking on link on the left column or view information online.

<http://win.niddk.nih.gov/publications/child.htm> (English)

http://win.niddk.nih.gov/publications/su_hijo.htm (Spanish)

14. Sweet Success: California Diabetes and Pregnancy Program (Useful for Educators and Clinicians)

Loma Linda University Medical Center, San Diego, CA., 2008.

Description:

- Sweet Success aims to improve pregnancy outcomes for women with pre-existing diabetes and gestational diabetes. Site contains educational materials in Spanish, Cambodian, Chinese, Hmong, Korean, Laotian, and Vietnamese.
- Materials of various prices can be ordered. Examples include brochures, guidebooks, and logs.

Location:

Online:

Home page:

<http://www.llu.edu/llumc/sweetsuccess/>

Direct Link to catalog:

<http://www.cdph.ca.gov/HealthInfo/healthyliving/childfamily/Documents/MO-CDAPP-Catalog08February.pdf>

APPENDIX

Kids Health Article List: (Resource #6)

<http://kidshealth.org/index.html>

Baby Basics

- [A Guide for First-Time Parents](#)
- [Burping Your Baby](#)
- [Choking](#)
- [Diaper Rash](#)
- [Diapering Your Baby](#)
- [Laundering Your Baby's Clothes](#)
- [Trimming Your Baby's Nails](#)
- [Your Child's First Checkup: The Hospital](#)

Pregnancy & Childbirth

- [10 Things That Might Surprise You About Being Pregnant](#)
- [A Guide for First-Time Parents](#)
- [All About Genetics](#)
- [Are Ultrasound "Snapshots" of Your Unborn Baby a Good Idea?](#)
- [Banking Your Newborn's Cord Blood](#)
- [Becoming a Father](#)
- [Birth Plans](#)
- [Birth of a Second Child](#)
- [Birthing Centers and Hospital Maternity Services](#)
- [Birthing Classes](#)
- [Cesarean Sections \(C-Sections\)](#)
- [Dealing With Pain During Childbirth](#)
- [Eating During Pregnancy](#)

- [Ectopic Pregnancy](#)
- [Epidurals](#)
- [Exercising During Pregnancy](#)
- [Folic Acid and Pregnancy](#)
- [Inducing Labor](#)
- [Looking at Your Newborn: What's Normal](#)
- [Medical Care During Pregnancy](#)
- [Midwives](#)
- [Miscarriages](#)
- [Natural Childbirth](#)
- [Pica](#)
- [Postpartum Depression](#)
- [Pregnancy Myths and Tales](#)
- [Pregnancy Precautions: FAQs](#)
- [Prenatal Tests](#)
- [Preparing for Multiple Births](#)
- [Recovering From Delivery](#)
- [Sex During Pregnancy](#)
- [Sleeping During Pregnancy](#)
- [Staying Healthy During Pregnancy](#)
- [Surviving Bed Rest](#)
- [The First Day of Life](#)
- [Transient Tachypnea of the Newborn \(TTN\)](#)
- [What Does "High-Risk" Pregnancy Mean?](#)
- [What Is Gestational Diabetes?](#)
- [What Is Rh Incompatibility?](#)
- [What Is the Apgar Score?](#)
- [What Is the Multiple Marker Test?](#)
- [When Your Baby Has a Birth Defect](#)

- [When Your Teen Is Having a Baby](#)
- [Your Child's First Checkup: The Hospital](#)

Pregnancy Calendar

- [A Week-by-Week Pregnancy Calendar](#)

Birth Stories

- [Barbara's Story](#)
- [Lena's Story](#)
- [Samala's Story](#)

Common Conditions & Your Baby

- [Birthmarks](#)
- [Constipation](#)
- [Diaper Rash](#)
- [Erythema Toxicum](#)
- [Jaundice in Healthy Newborns](#)
- [Looking at Your Newborn: What's Normal](#)
- [Neonatal Infections](#)
- [Oral Thrush](#)
- [Positional Plagiocephaly \(Flattened Head\)](#)
- [Teething Tots](#)
- [The Facts on Undescended Testicles](#)
- [Your Colicky Baby](#)

Communicating With Your Baby

- [Bonding With Your Baby](#)
- [Communication and Your 1- to 2-year-old](#)
- [Communication and Your 1- to 3-Month-Old](#)
- [Communication and Your 4- to 7-Month-Old](#)

- [Communication and Your 8- to 12-Month-Old](#)
- [Communication and Your Newborn](#)

All About Breastfeeding

- [Breastfeeding FAQs: Getting Started](#)
- [Breastfeeding FAQs: How Much and How Often](#)
- [Breastfeeding FAQs: Out and About](#)
- [Breastfeeding FAQs: Pain and Discomfort](#)
- [Breastfeeding FAQs: Pumping](#)
- [Breastfeeding FAQs: Safely Storing Breast Milk](#)
- [Breastfeeding FAQs: Sleep - Yours and Your Baby's](#)
- [Breastfeeding FAQs: Solids and Supplementing](#)
- [Breastfeeding FAQs: Some Common Concerns](#)
- [Breastfeeding FAQs: Supply and Demand](#)
- [Breastfeeding FAQs: Your Eating and Drinking Habits](#)

All About Formula Feeding

- [Formula Feeding FAQs: Getting Started](#)
- [Formula Feeding FAQs: How Much and How Often](#)
- [Formula Feeding FAQs: Preparation and Storage](#)
- [Formula Feeding FAQs: Some Common Concerns](#)
- [Formula Feeding FAQs: Starting Solids and Milk](#)
- [Formula Feeding FAQs: Supplementing](#)

Feeding Your Baby

- [Breastfeeding vs. Formula Feeding](#)
- [Burping Your Baby](#)
- [Cleft Lip and Palate](#)
- [Feeding Your 1- to 2-Year-Old](#)
- [Feeding Your 1- to 3-Month-Old](#)

- [Feeding Your 4- to 7-Month-Old](#)
- [Feeding Your 8- to 12-Month-Old](#)
- [Feeding Your Newborn](#)
- [Food Allergies](#)
- [How Can I Overcome Breastfeeding Difficulties?](#)
- [Hunger and Malnutrition](#)
- [Milk Allergy in Infants](#)
- [Nursing Positions](#)
- [Stopping the Bottle](#)
- [Weaning Your Child](#)

Growth & Your Baby

- [Failure to Thrive](#)
- [Growth Charts](#)
- [Growth and Your 1- to 2-Year-Old](#)
- [Growth and Your 1- to 3-Month-Old](#)
- [Growth and Your 4- to 7-Month-Old](#)
- [Growth and Your 8- to 12-Month-Old](#)
- [Growth and Your Newborn](#)

Home & Family Issues

- [A Guide for First-Time Parents](#)
- [Auto Safety](#)
- [Bonding With Your Baby](#)
- [Bringing Your Baby Home](#)
- [Childproofing and Preventing Household Accidents](#)
- [Choosing Safe Baby Products](#)
- [Choosing Safe Baby Products: Backpacks and Soft Carriers](#)
- [Choosing Safe Baby Products: Bathtubs](#)
- [Choosing Safe Baby Products: Changing Tables](#)

- [Choosing Safe Baby Products: Cribs](#)
- [Choosing Safe Baby Products: Gates](#)
- [Choosing Safe Baby Products: Infant Seats & Child Safety Seats](#)
- [Choosing Safe Baby Products: Playpens](#)
- [Choosing Safe Baby Products: Strollers](#)
- [Choosing Safe Baby Products: The Dangers of Walkers](#)
- [Choosing Safe Baby Products: Toys](#)
- [Cosleeping and Your Baby](#)
- [How Becoming Parents Can Affect Your Relationship](#)
- [Parenting Multiples](#)
- [Postpartum Depression](#)
- [Preparing Your Child for a New Sibling](#)
- [Recovering From Delivery](#)
- [Separation Anxiety](#)
- [When Can I Take My Newborn Out in Public?](#)

Learning, Play & Your Baby

- [Bonding With Your Baby](#)
- [Choosing Safe Baby Products](#)
- [Choosing Safe Baby Products: Backpacks and Soft Carriers](#)
- [Choosing Safe Baby Products: Bathtubs](#)
- [Choosing Safe Baby Products: Changing Tables](#)
- [Choosing Safe Baby Products: Cribs](#)
- [Choosing Safe Baby Products: Gates](#)
- [Choosing Safe Baby Products: Infant Seats & Child Safety Seats](#)
- [Choosing Safe Baby Products: Playpens](#)
- [Choosing Safe Baby Products: Strollers](#)
- [Choosing Safe Baby Products: The Dangers of Walkers](#)
- [Choosing Safe Baby Products: Toys](#)

- [Learning, Play, and Your 8- to 12-Month-Old](#)
- [Learning, Play, and Your 1- to 2-Year-Old](#)
- [Learning, Play, and Your 1- to 3-Month-Old](#)
- [Learning, Play, and Your 4- to 7-month-old](#)
- [Learning, Play, and Your Newborn](#)

Medical Care & Your Baby

- [Birthing Centers and Hospital Maternity Services](#)
- [Circumcision](#)
- [Common Diagnoses in the NICU](#)
- [Finding Your Way in the Health Care System](#)
- [Finding a Doctor for Your Child](#)
- [Frequently Asked Questions About Immunizations](#)
- [How to Talk to Your Child's Doctor](#)
- [Immunization Schedule](#)
- [Medical Care and Your 1- to 2-Year-Old](#)
- [Medical Care and Your 1- to 3-Month-old](#)
- [Medical Care and Your 4- to 7-Month-Old](#)
- [Medical Care and Your 8- to 12-Month-Old](#)
- [Medical Care and Your Newborn](#)
- [Newborn Screening Tests](#)
- [Taking Your Preemie Home](#)
- [What Is Rh Incompatibility?](#)
- [What Is the Apgar Score?](#)
- [What Is the Multiple Marker Test?](#)
- [When Your Baby's in the NICU](#)
- [Your Child's Checkup: 12 Months \(1 Year\)](#)
- [Your Child's Checkup: 18 Months \(1-1/2 Years\)](#)
- [Your Child's Checkup: 2 Months](#)

- [Your Child's Checkup: 2 Years](#)
- [Your Child's Checkup: 2 to 4 Weeks](#)
- [Your Child's Checkup: 3 Years](#)
- [Your Child's Checkup: 4 Years](#)
- [Your Child's Checkup: 5 Years](#)
- [Your Child's Checkup: 6 Months](#)
- [Your Child's Checkup: 9 Months](#)
- [Your Child's First Checkup: The Hospital](#)
- [Your Child's Immunizations](#)

Medical Problems & Your Baby

- [A Primer on Preemies](#)
- [Abusive Head Trauma \(Shaken Baby Syndrome\)](#)
- [All About Genetics](#)
- [Apnea of Prematurity](#)
- [Birth Defects](#)
- [Bronchopulmonary Dysplasia \(BPD\)](#)
- [Cleft Lip and Palate](#)
- [Common Diagnoses in the NICU](#)
- [Could That Lump Be a Hernia?](#)
- [Failure to Thrive](#)
- [Fetal Alcohol Syndrome](#)
- [Folic Acid and Pregnancy](#)
- [Genetic Counseling](#)
- [Hemangiomas: Suzanne's Story](#)
- [If Your Child Has a Heart Defect](#)
- [Intestinal Malrotation](#)
- [Intussusception](#)
- [Meconium Aspiration](#)

- [Medical Issues in Adoption](#)
- [Milk Allergy in Infants](#)
- [Necrotizing Enterocolitis](#)
- [Neonatal Infections](#)
- [Positional Plagiocephaly \(Flattened Head\)](#)
- [Pyloric Stenosis](#)
- [Sepsis](#)
- [Spina Bifida](#)
- [Sudden Infant Death Syndrome \(SIDS\)](#)
- [Taking Your Preemie Home](#)
- [Tay-Sachs Disease](#)
- [Transient Tachypnea of the Newborn \(TTN\)](#)
- [What Is Rh Incompatibility?](#)
- [What Is the Multiple Marker Test?](#)
- [When Your Baby Has a Birth Defect](#)
- [When Your Baby Is Born With a Health Problem](#)
- [When Your Baby's in the NICU](#)

Movement, Coordination & Your Baby

- [Movement, Coordination, and Your 1- to 2-Year-Old](#)
- [Movement, Coordination, and Your 1- to 3-Month-Old](#)
- [Movement, Coordination, and Your 4- to 7-Month-Old](#)
- [Movement, Coordination, and Your 8- to 12-Month-Old](#)
- [Movement, Coordination, and Your Newborn](#)

Sleep & Your Baby

- [Cosleeping and Your Baby](#)
- [Positional Plagiocephaly \(Flattened Head\)](#)
- [Sleep and Newborns](#)
- [Sleep and Your 1- to 2-Year-Old](#)

- [Sleep and Your 1- to 3-Month-Old](#)
- [Sleep and Your 4- to 7-Month-Old](#)
- [Sleep and Your 8- to 12-Month-Old](#)

The Senses & Your Baby

- [The Senses and Your 1- to 2-Year-Old](#)
- [The Senses and Your 1- to 3-month-old](#)
- [The Senses and Your 4- to 7-month-old](#)
- [The Senses and Your 8- to 12-Month-Old](#)
- [The Senses and Your Newborn](#)

Recipes for Pregnant and Breastfeeding Women

- [See online list](#)