

Mommy CALLS

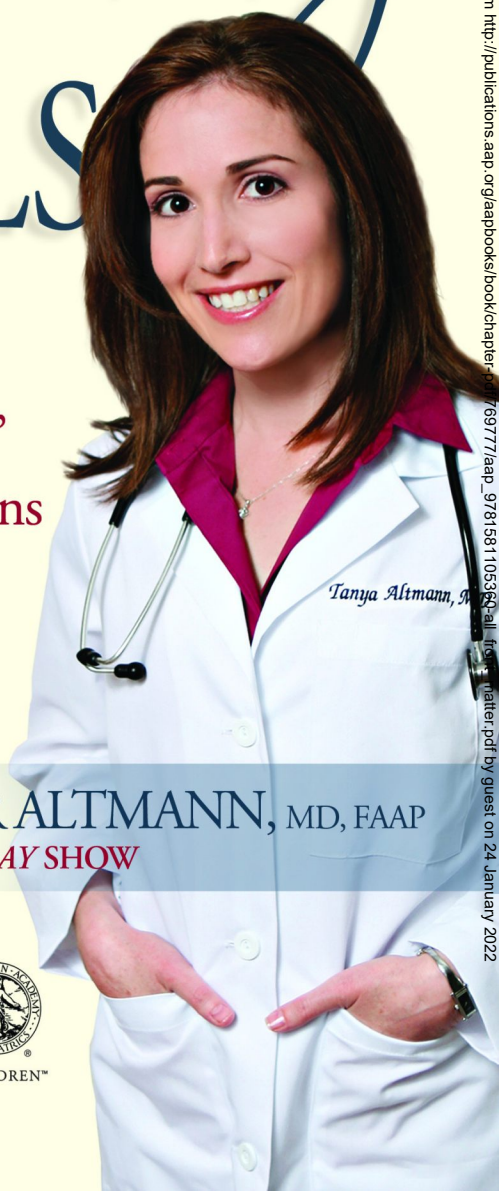
Dr. Tanya
Answers Parents'
Top 101 Questions
About Babies
and Toddlers

TANYA REMER ALTMANN, MD, FAAP
AS SEEN ON NBC'S *TODAY SHOW*

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™



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What People Are Saying

Mommy Calls is a handy little book filled with nuggets of wisdom that are practical, clear, and to the point!

Harvey Karp, MD, FAAP

Creator of the DVD/book, *The Happiest Baby on the Block*

Dr. Tanya's book is a dream for parents—the next best thing to having your pediatrician living in your home for the first 3 years of your baby's life. She is not only talented and experienced, but her concise and utterly readable style will make this a staple on every parent's bookshelf.

Samantha Ettus

Author of *The Experts' Guide to the Baby Years* and mother of 2

Mommy Calls is like having a pediatrician available 24/7 to answer your questions. Dr. Tanya covers every topic a new parent could possibly need to know. Her friendly, informative style makes reading *Mommy Calls* a joy. Every parent should have this book close by at all times.

Dr. Jenn Berman

Marriage, family, and child therapist and author of *The A to Z Guide to Raising Happy, Confident Kids*

Mommy Calls is just what the doctor ordered! In her relaxed, reassuring manner and laced with gentle humor, Dr. Tanya Remer Altmann answers the typical questions that confound and even worry many parents of very young children....I look forward to keeping it on my shelf

for use with clients and maybe with my own grandchildren someday.

Betsy Brown Braun

Child development specialist and author of *Just Tell Me What to Say: Sensible Tips and Scripts for Perplexed Parents*

Easy to read and organized by category, *Mommy Calls* answers the many questions that you have as a parent but may think are too trivial to call the pediatrician with. It's like having a pediatrician with you 24/7!

Bridget Swinney, MS, RD

Author of *Baby Bites* and *Eating Expectantly*

Experienced pediatricians are worth their weight in gold, and Dr. Tanya's book proves that point. The questions she answers are the most frequently asked and her answers are straightforward, knowledgeable, and easy to read at the same time. Parents will find comfort knowing her sage advice is close at hand.

Steven P. Shelov, MD, MS, FAAP

Editor in chief, *Caring for Your Baby and Young Child: Birth to Age 5*

Mommy Calls is extremely well written and informative.... I look forward to having this book in my arsenal to help prepare my new moms and fathers to be. This is a great, great book!

Jason A. Rothbart, MD

Obstetrician/gynecologist, Cedars-Sinai Medical Center

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Legend

In pediatrics, many situations change dramatically depending on the specific age of the child, so the answers to many common questions will vary by age. Therefore, in this book, the following symbols indicate when advice is specific to a certain age range:



Newborn

Babies aged birth through 3 months



Infant

Babies aged 4 months through 1 year



Toddler

Children aged 1 through 3 years

As with all advice, sometimes it's most important to call your pediatrician. The following symbol marks those moments:



Call your pediatrician

Acknowledgments

If it hadn't been for all of the help, support, and encouragement of my family, colleagues, and everyone at the American Academy of Pediatrics (AAP), *Mommy Calls* would not be in your hands.

It was only with the assistance of these people that I managed to finish writing *Mommy Calls* while seeing patients in my office, giving birth to my second son, and making several cross-country trips to appear on NBC's *Today* show—have breast pump, will travel.

Special thanks to the following colleagues, friends, and family members who played an important role in the upbringing of *Mommy Calls*:

Thank you to Michelle Shuffett, MD, for your years of dedication to this project. Without you, *Mommy Calls* wouldn't have been conceived. Also, thank you to my mentors at Mattel Children's Hospital at the University of California, Los Angeles, and my partners at Community Pediatric Medical Group—William Greene, MD, FAAP; David Scherr, MD, FAAP; Howard Goldstine, MD, FAAP; Robert Nudelman, MD, FAAP; Heather Cornett-Young, MD, FAAP; and Leslie Spiegel, MD, FAAP—who taught me how to care for children in the real world and helped *Mommy Calls* grow and develop. In addition, thank you to Marilyn Greene, who taught me how to parent effectively in my practice and at home, and Elisa Hirsch, whose breastfeeding advice has helped me guide patients and nurse my own 2 sons. A very special recognition belongs to Jennifer Shu, MD, FAAP, and Laura Jana, MD, FAAP, who went above and beyond

in offering exceptional advice and contributions based on their personal experience as moms, pediatricians, and parenting book authors.

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Introduction

Mommy Calls was born one busy night at Mattel Children's Hospital at the University of California, Los Angeles (UCLA), while I was caring for sick children with my good friend and fellow resident, Michelle Shuffett, MD. As pediatricians in training, part of the job was to provide telephone advice on a whole host of health and parenting concerns. While these calls came from moms, dads, grandparents, and other caregivers, we called them "mommy calls." That night, after answering what seemed to be dozens of calls on the same topic, I began tracking the questions parents ask. Over the years, I've added to that list as my clinical experiences have grown and as I've become a mother myself. Along with input from parents and pediatricians across the country, I've compiled what I consider to be the 101 most common questions parents ask their pediatrician in a simple, concise, and easy-to-read format.

Mommy Calls focuses on your child from birth through age 3 years and includes subjects such as feeding, illnesses, and sleeping. *Mommy Calls* is meant to answer not only the questions you have today, but those you are likely to have at 3:00 am tomorrow! *Mommy Calls* provides practical information, advice, important tips, a little humor, and best of all, it fits in your baby bag. So before you pick up the phone to call your pediatrician, check out *Mommy Calls* for your answer.

In pediatrics, many situations change dramatically depending on the specific age of the child, so it's no surprise that the answers to many common questions will vary by age.

Therefore, in this book, babies aged birth through 3 months are called *newborns* and are indicated by a pacifier (); babies aged 4 months through 1 year are called *infants* and are indicated by a rattle (); and children aged 1 through 3 years are called *toddlers* and are indicated by blocks (). Symbols are used to make it easy to find the right advice for your child—they are explained by the Legend on page ix. As with all advice, sometimes it's most important to call your pediatrician. I've indicated those moments with a telephone symbol ().

Also, the information and advice in this book apply equally to children of both sexes, except where noted. To indicate this, the use of masculine and feminine pronouns is alternated throughout.

I hope you find *Mommy Calls* helpful, but don't forget that you know your child best. You will undoubtedly come up with questions not addressed in this book. That's the nature of having kids! If ever you find yourself with unanswered questions, no matter how small or silly they may seem, go ahead and ask. And whenever you have more serious concerns, remember that no book, *Mommy Calls* included, can ever take the place of direct medical advice—you should never hesitate to call your pediatrician. After all, that's what we're here for—even at 3:00 am!