

### **Children & Adults with Attention Deficit/Hyperactivity Disorder**

CHADD is a parent organization that is

<http://www.chadd.org/>

### **Healthy Children – A Parent’s Resource from the American Academy of Pediatrics**

Offering age-appropriate guidance and disease-specific information from trusted pediatricians. Offering email service directed at guiding you through your child’s upcoming developmental changes and needs.

<http://www.healthychildren.org/>

### **My Pyramid**

Tips on a healthy dietary lifestyle brought to you by the US Department of Agriculture (USDA). Get tips on appropriate dietary intake for your child’s body size and age. Also offering games for children to help guide healthy food choices.

<http://www.mypyramid.gov/>

### **Children’s Hospital of Philadelphia – Vaccine Education Center**

Answering “hot topic” questions about childhood vaccines CHOP takes on issues like autism, thimerosal, allergies to vaccine components, and additives.

<http://www.chop.edu/service/vaccine-education-center/home.html>

### **Breastfeeding**

Dr. Jack Newman is a pediatrician dedicated to the success of dyads of breastfeeding mothers and infants. He answers many of the pertinent questions regarding how to increase milk supply, how to know if your baby is getting enough, and how to wean your baby. He has helpful tips given in the form of videos and handouts. (Dr. Newman practices in Canada and some of the medications he suggests may not be approved in the United States.)

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

### **Childhood Obesity**

Is your child overweight? You can visit the site below to determine your child’s body mass index and risk for obesity related illness. If your child’s BMI is over 95%ile he/she is eligible for the Rainbow Weight Clinic. If your child’s BMI is 85-95%ile AND there is a family history of early heart disease (in parent or grandparent), high blood pressure, high cholesterol in a parent, or diabetes then the Rainbow Weight Clinic is also available for your child. Call 931-553-6666 for an appointment.

<http://apps.nccd.cdc.gov/dnpabmi/>

## Latest News

- FLU VACCINE – Now available! Call for appointment. 931-553-6666
- The AAP has a new site specifically for parents. Visit [www.healthychildren.org](http://www.healthychildren.org).
- The Rainbow Weight Clinic is in full swing. For further information view the Rainbow Weight Clinic tab on this site. (link to Rainbow Weight Clinic)