

1: Caring for Your Teenager: The Complete and Authoritative Guide - Google Books

Expert, authoritative guidance you can trust on helping your teenager cope with the changes and challenges of adolescence, from The American Academy of Pediatrics. The critical, life-shaping years between twelve and twenty-one have been called the "turbulent teens."

You dream of a baby who will be strong, healthy, and bright--and you make plans to provide her with everything she needs to grow and thrive. You probably also have fears and questions, especially if this is your first child, or if there have been problems with this or a previous pregnancy. What if something goes wrong during the course of your pregnancy, or what if labor and delivery are difficult? These are perfectly normal feelings and fears to have. Fortunately, most of these worries are needless. The nine months of pregnancy will give you time to have your questions answered, calm your fears, and prepare yourself for the realities of parenthood. Some of your initial concerns may have been raised and addressed if you had difficulty becoming pregnant, particularly if you sought treatment for an infertility problem. Getting plenty of rest and exercising moderately will help you feel better and ease the physical stresses of pregnancy. Talk to your physician about prenatal vitamins, and avoid smoking, alcohol, and eating fish containing high levels of mercury. You probably have made many of these decisions already. Eventually it may seem as if your entire life revolves around this baby-to-be. This increasing preoccupation is perfectly normal and healthy and actually may help prepare you emotionally for the challenge of parenthood. Now is a perfect time to start. Here are some guidelines to help you with the most important of these preparations. Giving Your Baby a Healthy Start Virtually everything you consume or inhale while pregnant will be passed through to the fetus. This process begins as soon as you conceive. In fact, the embryo is most vulnerable during the first two months, when the major body parts arms, legs, hands, feet, liver, heart, genitalia, eyes, and brain are just starting to form. Chemical substances such as those in cigarettes, alcohol, illegal drugs, and certain medications can interfere with the developmental process and with later development, and some can even cause congenital abnormalities. Take smoking, for instance. Even inhaling smoke from the cigarettes of others passive smoking can affect your baby. Stay away from smoking areas and ask smokers not to light up around you. If you smoked before you got pregnant and still do, this is the time to stop--not just until you give birth, but forever. Children who grow up in a home where a parent smokes have more ear infections and more respiratory problems during infancy and early childhood. They also have been shown to be more likely to smoke when they grow up. Alcohol intake during pregnancy increases the risk for a condition called fetal alcohol syndrome FAS , which is responsible for birth defects and below-average intelligence. A baby with fetal alcohol syndrome may have heart defects, malformed limbs e. Fetal alcohol syndrome is also the leading cause of mental retardation in newborns. Alcohol consumption during pregnancy increases the likelihood of a miscarriage or preterm delivery, as well. There is evidence that the more alcohol you drink during pregnancy, the greater the risk to the fetus. It is safest not to drink any alcoholic beverages during pregnancy. You also should avoid all medications and supplements except those your physician has specifically recommended for use during pregnancy. This includes not only prescription drugs that you may have already been taking, but also nonprescription or over-the-counter products such as aspirin, cold medications, and antihistamines. Even vitamins can be dangerous if taken in high doses. For example, excessive amounts of vitamin A have been known to cause congenital [existing from birth] abnormalities. Consult with your physician before taking drugs or supplements of any kind during pregnancy, even those labeled "natural. They can be an essential part of a balanced diet for pregnant women. You should avoid raw fish during pregnancy because it may contain parasites such as flukes or worms. Cooking and freezing are the most effective ways to kill the parasite larvae found in fish. The fish should appear opaque and flaky when done. Certain types of cooked sushi such as eel and California rolls are safe to eat when pregnant. The most worrisome contaminant in both freshwater and ocean fish is mercury or more specifically, a form of mercury called methyl mercury. The FDA advises

pregnant women, women who may become pregnant, nursing mothers, and young children to avoid eating shark, swordfish, king mackerel, and tile fish due to high levels of mercury in these fish. According to the FDA, pregnant women can safely eat an average of 12 ounces two average meals of other types of cooked fish each week. Five of the most commonly eaten fish that are low in mercury are shrimp, canned light tuna, salmon, pollock, and catfish. Albacore tuna tends to be high in mercury, so canned chunk light tuna is a better choice. While no adverse effects from minimal caffeine intake one cup of caffeinated coffee per day have yet been proven, you may want to limit or avoid caffeine when you are pregnant. Remember, caffeine is also found in many soft drinks and foods such as chocolate. Another cause of congenital abnormalities is illness during pregnancy. You should take precautions against these dangerous diseases: German measles rubella can cause mental retardation, heart abnormalities, cataracts, and deafness, with the highest risk of these problems occurring in the first twenty weeks of pregnancy. Fortunately, this illness now can be prevented by immunization, although you must not get immunized against rubella during pregnancy. It is then recommended that you receive this immunization after giving birth to prevent this same concern in the future. Chickenpox is particularly dangerous if contracted shortly before delivery. If you have not already had chickenpox, avoid anyone with the disease or anyone recently exposed to the disease. You also should receive the preventive vaccine when you are not pregnant. Herpes is an infection that newborns can get at the time of birth. Most often, it occurs as the infant moves through the birth canal of a mother infected with genital herpes. Babies who get a herpes viral infection may develop fluid-filled blisters on the skin that can break and then crust over. A more serious form of the disease can progress into a severe and potentially fatal inflammation of the brain called encephalitis. When a herpes infection occurs, it is often treated with an antiviral medication called acyclovir. For the last month of pregnancy, your doctor may advise taking a recommended dose of acyclovir or valacyclovir to reduce the risk of an outbreak close to the time of delivery. If you have an outbreak or feel symptoms of one coming on during your delivery time, a Cesarean section or C-section may be recommended to decrease the risk of exposure to the baby. Toxoplasmosis may be a danger for cat owners. This illness is caused by a parasitic infection common in cats, but much more often it is found in uncooked meat and fish. Take care that meat is cooked thoroughly prior to consumption, and avoid tasting meat even while seasoning before cooking. Wash all cutting boards and knives thoroughly with hot soapy water after each use. When it comes to infected animals, outdoor cats are far more likely to contract toxoplasmosis. These cats excrete a form of the toxopl Bibliografische Informationen.

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Author: American Academy of Pediatrics. The American Academy of Pediatrics is an organization of 67, primary care pediatricians, pediatric medical subspecialists and pediatric surgical specialists dedicated to the health, safety and well-being of infants, children, adolescents and young adults.

4: American Academy of Pediatrics Caring for Your Teenager by Donald E. Greydanus

Caring for Your Teenager is the one guide that no one entrusted with the care of a teenage child should be without--a book that provides parents with all the information they need to ensure that their child is on the right track to becoming a

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