



# newbooks for parents

compiled by Heidi Finnane



**What To Do When Your Child Gets Sick: The essential Emergency Manual for parents and carers** by Associate Professor Paul Middleton, Dr Andrew Ratchford, Dr John Mackenzie and Dr Jason Smith, Arena/Allen & Unwin, p/b, RRP \$35

This manual is designed to help parents recognise severe illness in children. The book enables parents to better understand when they should take their child to a GP, to a hospital's emergency department or call 000.



**Healthy Family, Happy Family: The complete healthy guide to feeding your family** by Karen Fischer, Exisle Publishing, p/b, RRP \$34.99

Nutritionist Karen Fischer explains how parents can provide healthy meals for their family without stress. This book has more than 100 recipes, weekly menu plans and detailed shopping lists.



**500+ questions kids have about sex** by Lyndall Caldwell and Gaye Dell, Interrelate Family Centres, [www.interrelate.org.au](http://www.interrelate.org.au), p/b, RRP \$29.95

This is a family resource book for parents to help answer any questions children have about sex. Question topics include body parts, sexual intercourse, puberty and 'looking after yourself'.



**Being Dad: For dads-to-be and the women who love them** by Sam Holt and Troy Jones, Allen & Unwin, p/b, RRP \$27.99

Sick of being locked out of birthing matters, dads Sam Holt and Troy Jones have written a baby book for men. This book addresses those things new dads are most confused and worried about in a humorous way.



**Healthy Sleep Habits, Happy Twins: A step-by-step programme for a good night's sleep** by Dr Marc Weissbluth, Vermilion/Random House Australia, p/b, \$29.95

Establishing a sleep schedule can be difficult, and it is even more difficult with twins. This book provides a step-by-step program for training twins to sleep, to help ensure that mum and dad get a good night's rest.



**The Grandparents' Book** by Miriam Stoppard, Dorling Kindersley distributed by Penguin Australia, p/b, RRP \$24.95

Grandchildren are a joy, but how do grandparents ensure that they build close, strong relationships with their grandchildren? This book provides sensible ideas on how to be the grandparent every child wants.



# newbooks for kids

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**What's Up With Max? Medikidz Explain Asthma** by Dr Kim Chilman-Bair and John Taddeo, Harper Collins Australia, p/b, RRP \$14.99

This is one of the many titles in the Medikidz series, which aims to explain complex medical conditions to children. The comic-book format is fun for kids to read, while providing targeted information on a particular medical condition. Other Medikidz books provide explanations of epilepsy, food allergies, type 1 diabetes and leukaemia.



**So That's Where I Came From** by Gina Dawson, Black Dog Books, p/b, RRP \$19.99

Providing explanations for the 21st Century, *So That's Where I Came From* explains the different ways that families have children, from natural conception to IVF, adoption and foster care. The book also discusses the different male and female body parts, natural and caesarean birth and the different places a baby can be born, such as at home or in the hospital.



**Sometimes Life Sucks: When someone you love dies** by Molly Carlile, Inspired Living/Allen & Unwin, p/b, RRP \$19.99

This book helps teenagers navigate through their personal experience of grief. It's full of helpful stories, tips and gentle advice for young people. It also dispels common myths and helps address the realities of death.



**Poppy Pretzel: Passage Into Puberty** by Debi Slinger, New Holland, p/b, RRP \$12.95

Poppy is a young girl who experiences her first period and starts her important passage into womanhood. This is a helpful handbook for girls who are about to enter puberty and encourages young girls to be more open and less embarrassed when discussing their period.



**Memory Flowers** by Donna Ellis, [www.memoryflowers.com.au](http://www.memoryflowers.com.au), p/b, RRP \$14.99

This is the story of a family dealing with the loss of a beloved family pet. Through this heartfelt story, children are shown how they can remember those who have died. The book aims to help children discuss death in a non-confronting manner.



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