

The first month of life: Effective newborn parental education

By Kenia Martinez, pediatric resident at Jackson Memorial Hospital.

Concerns about a newborn baby's first month are common. Here's some advice for first-time parents: Prenatal classes usually given by hospitals are useful. You also should have a pediatrician who can give you helpful advice before and after the baby is born. [Read more](#)



Looking for help for your child with special needs?

By Carole Abbott, Ph.D.

Do you know whom to call or where to look for help for your child and/or your family? If you need assistance, there is a community council that works with families to safeguard their rights and ensure services for all families of children with disabilities? The Young Children with Special Needs and Disabilities Council has been meeting for 24 years and is comprised of more than 45 community volunteers -- both families and community organizations. [Read more](#)



Combating childhood obesity with nutrition and exercise

By Stefne Thompson, M.S. R.D., clinical nutrition manager at Mercy Hospital

Childhood obesity is among the main causes of several serious medical conditions, such as diabetes, high blood pressure, high cholesterol, stroke, osteoarthritis, breathing problems and sleep disorders. Obese children can experience low self-esteem and depression.

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After school is cool: Quality programs offer benefits and peace of mind

By Michael R. Malone for The Children's Trust

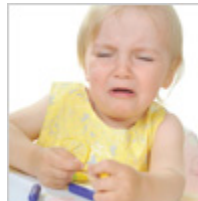
With the start of the school year, your child will be challenged with new classes, new teachers and new learning. All good, but do you know what's really cool? Quality after school. [Read more](#)



Dealing with separation anxiety and school

By Alix Harper, M.A. for the Miami-Dade Family Learning Partnership

Starting school is a major life transition for the whole family -- and often a stressful time for parents and child. Parents play a crucial role in helping their child by selecting a quality early childhood program. A good start at the beginning of an early childhood program means an environment that works well for both parents and child. [Read more](#)



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