



The American Academy of Pediatrics is an organization of 67,000 pediatricians dedicated to the health, safety and well-being of infants, children, adolescents and young adults. The AAP is the largest pediatric publisher in the world, with a diverse list that includes essential clinical and practice management titles and award-winning books for parents.

QUIRKY KIDS

Understanding and Supporting Your Child With Developmental Differences

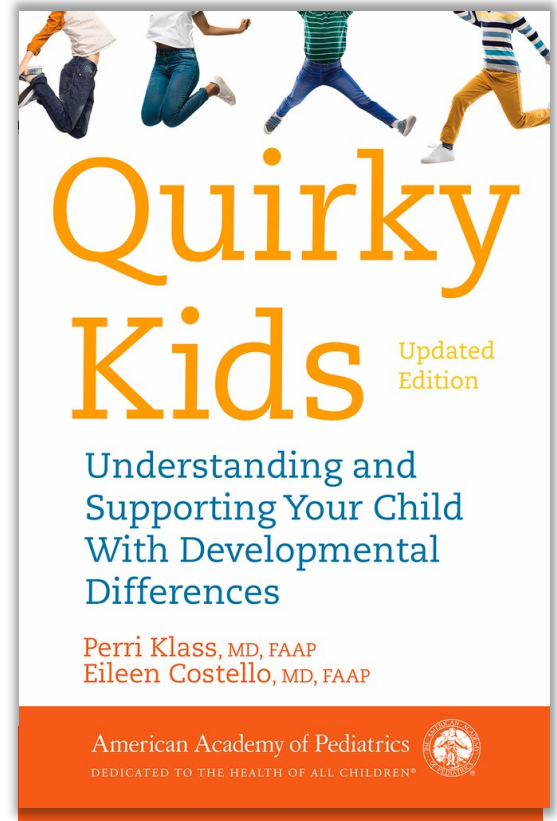
Perri Klass, MD and Eileen Costello, MD

American Academy of Pediatrics, February 2021

This classic, originally published in 2003 and coauthored by New York Times columnist and pediatrician Dr. Perri Klass and Boston Medical Center's Chief of Ambulatory Pediatrics Dr. Eileen Costello, has been fully revised and updated to reflect the recent significant changes in the recognition and care of children whose development doesn't go as expected. It includes new information about therapeutic interventions, managing co-morbidities, and getting support for children with developmental differences at school.

The authors also offer a stronger focus on self-care for parents in this new edition, with the pediatrician's perspective of supporting families as they go through the diagnostic process over time. The latest studies show that 1 in 6 children have a developmental disability of some kind—this guide is for the adults who love them and want to help them make their way in the world.

<i>Category:</i>	Social Science / Parenting
<i>Format:</i>	Trade Paperback
<i>Kaplan/DeFiore Controls:</i>	Translation Rights, exclusive: Chinese (simplified) and Greek
<i>Material:</i>	PDF
<i>Page Count:</i>	350



Perri Klass, MD, FAAP, writes the weekly column, “The Checkup,” for The New York Times. She lives in New York City.

Eileen Costello, MD, FAAP, is a clinical professor of pediatrics at Boston University School of Medicine. She lives in Jamaica Plain, MA.



THE WORKING MOM BLUEPRINT

Winning at Parenting Without Losing Yourself

Whitney Casares, MD

American Academy of Pediatrics, May 2021

As a practicing pediatrician and mother of 2 young daughters, Dr Whitney Casares understands balancing family and career firsthand. In *The Working Mom Blueprint*, she combines honest insights about her own challenges with professional expertise about children of working moms—they thrive!—to create a reassuring guide to navigating modern motherhood.

Dr Casares offers a practical plan that covers setting priorities, cultivating self-care, finding child care, establishing an equal parenting partnership, delegating whenever appropriate, and more.

Category:

Social Science / Parenting

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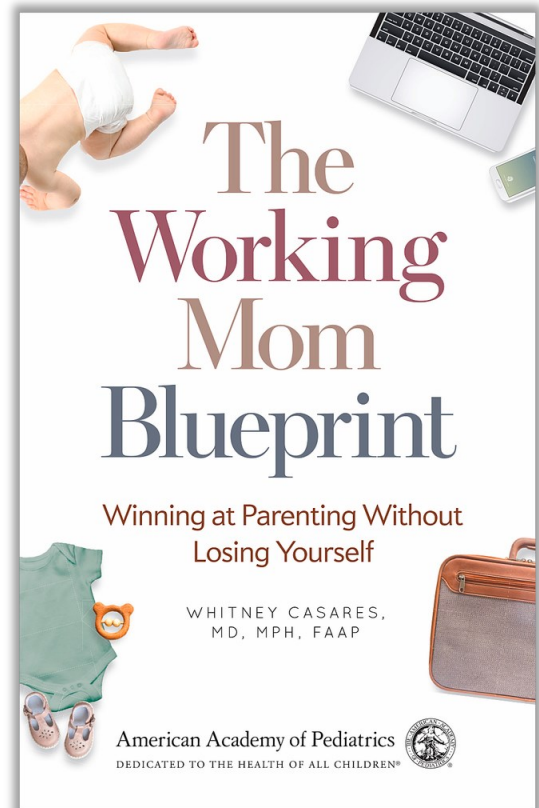
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Whitney Casares, MD, MPH, FAAP, is a board-certified, practicing pediatrician, the creator of the popular website modernmommydoc.com, and the author of *The New Baby Blueprint: Caring for You and Your Little One*. She is the mother of two young daughters and lives in Portland, OR.



THE CALM BABY METHOD

Solutions for Fussy Days and Sleepless Nights

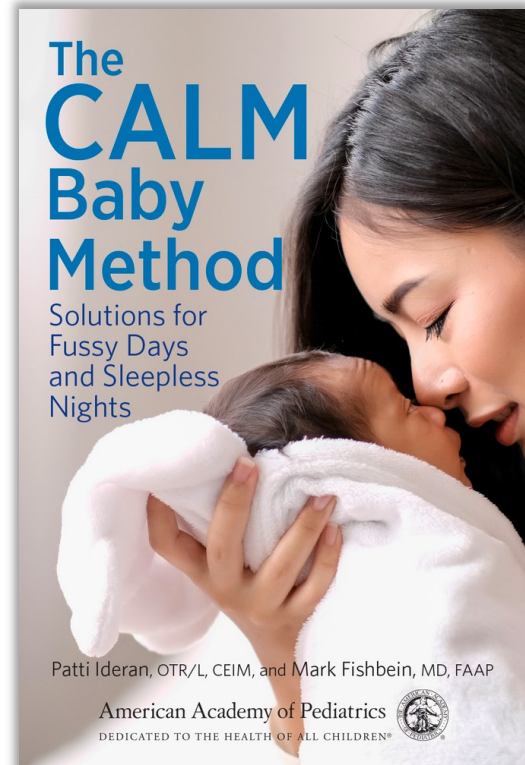
Mark Fishbein, MD, and Patti Ideran, OTR/L, CEIM

American Academy of Pediatrics, April 2021

Whether their babies are colicky, fussy, or just sometimes cranky, all parents of newborns can benefit from these proven techniques in *The CALM Baby Method*.

With decades of expertise as a pediatric occupational therapist and a pediatric gastroenterologist, the coauthors have helped thousands of parents soothe their high-needs infants, improving attachment, sleep, feeding, and overall quality of life for the whole family. Parents will learn possible causes of their baby's crying and ways to help, including information on reading their baby's cues, attachment, infant massage, positioning, and nutrition.

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Patti Ideran, OTR/L, CEIM, has worked in the field of pediatric occupational therapy for more than 35 years. She is a Certified Educator of Infant Massage (CEIM) and a certified baby and toddler yoga teacher and is certified in the Newborn Behavioral Observations (NBO) System and the Neurodevelopmental Treatment Approach. She lives in the Chicago suburbs.

Mark Fishbein, MD, FAAP, is a pediatric gastroenterologist at Ann and Robert H Lurie Children's Hospital of Chicago, a faculty member of the Feinberg School of Medicine at Northwestern University, and medical director of the Pediatric Feeding and Swallowing Disorder Clinic at Central DuPage Hospital.



HIGH FIVE DISCIPLINE

Positive Parenting for Happy, Healthy, Well-Behaved Kids

Candice W. Jones, MD

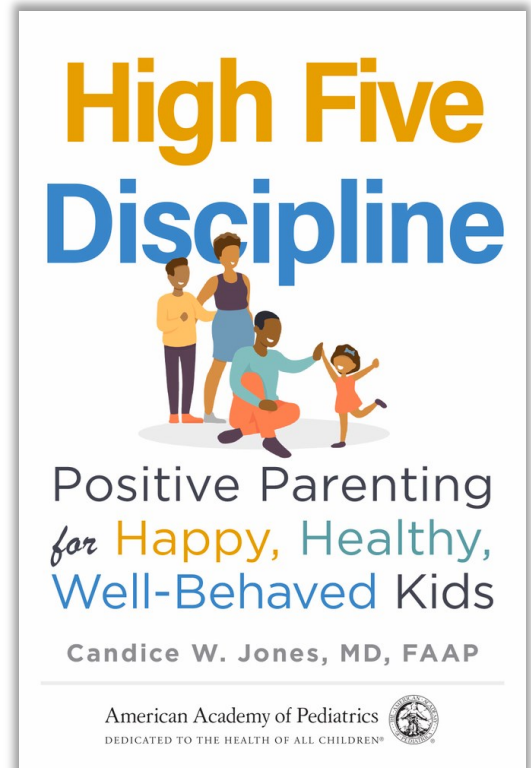
American Academy of Pediatrics, December 2021

When confronting the challenge of disciplining their children, moms and dads often default to the ways their own parents disciplined them, sometimes with harmful results. In *High Five Discipline*, mom and practicing pediatrician Dr. Candice Jones shows parents a better way. This positive parenting guide helps parents understand child development and how the ways that children are disciplined shapes not only their behavior but their overall health and well-being.

Dr. Jones coaches parents to understand their child's developmental stages and their own motivations to create a family discipline plan that manages misbehavior and encourages good behavior. Her advice is packed with developmentally appropriate strategies to tame tantrums, stop sibling squabbles, and reward better behavior, to create a calmer, more harmonious home.

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Candice W. Jones, MD, FAAP, is a board certified, practicing pediatrician, spokesperson for the American Academy of Pediatrics, and host of the podcast KIDing Around with Dr. Candice. She is the mother of two children and lives near Orlando, Florida.





YOU-OLGY

A Puberty Guide for Every Body

**Melisa Holmes, MD; Trish Hutchison, MD;
Kathryn Lowe, MD**

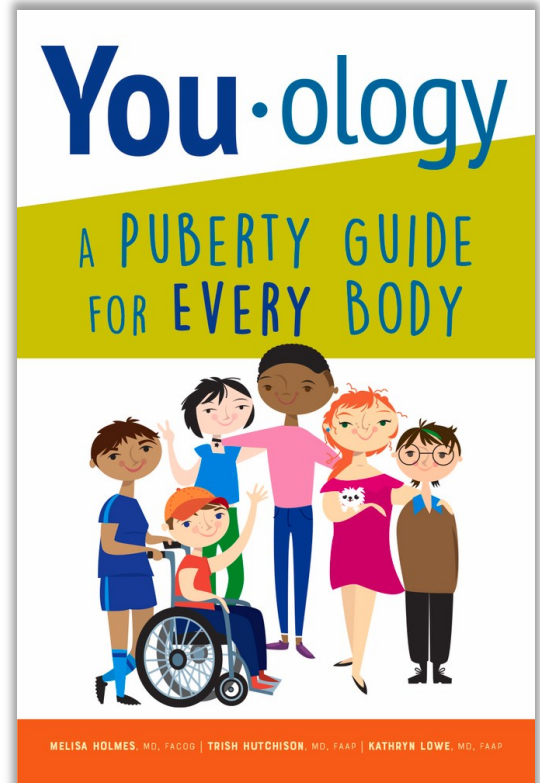
American Academy of Pediatrics, April 2022

What if learning about changing bodies wasn't secretive or shameful? And what if it could even be inclusive, fun, and, well, kind of adorable? A new kind of puberty guide, *You-ology* embraces an inclusive approach that normalizes puberty for all kids.

Traditional puberty education only contributes to a sense of isolation and often does not include all kids' experience of puberty and leaves kids with questions about how puberty will affect their friends and classmates. For curious kids and parents looking to talk about puberty in an inclusive way, *You-ology* offers fact-based, age appropriate, and body positive information about the physical, social, and emotional changes ahead for all kids.

Colorful illustrations keep the tone upbeat and engaging, while short stories featuring a cast of diverse characters add relatability and humor.

<i>Category:</i>	Juvenile Nonfiction
<i>Ages:</i>	9-12
<i>Format:</i>	Trade Paperback
<i>Kaplan/DeFiore Controls:</i>	Translation Rights, exclusive Chinese (simplified) and Greek
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Dr. Melisa Holmes is a board-certified Ob-Gyn, author, and nationally recognized health educator. She is the Co-Founder and CEO of Girlology. and is a Co-Founder of the Period Education Project.

As a passionate patient advocate, Dr. Holmes received a national award from the American College of Obstetricians & Gynecologists for patient education.

Trish Hutchison, MD, FAAP, is a board-certified pediatrician, nationally recognized health educator, and author. Dr. Trish is the Co-Founder and Chief Medical Officer of Girlology. She founded and directed a young women's health center for the Department of Adolescent Medicine at the Medical University of South Carolina. She is also a Co-Founder of the Period Education Project and currently works in College Health at The College of Charleston. This keeps her up to date on issues that kids face daily, including her own two college aged daughters.

Kathryn Lowe, MD, FAAP (she/her) is a board-certified pediatrician, a clinical assistant professor at the University of Washington School of Medicine, and a proud mother of two middle school kids. Dr. Lowe has an immense background advocating for LGBTQ+ kids and has taught extensively on the topic of gender. In recognition of her expertise, she was elected a member of the American Academy of Pediatrics Executive Committee of the Section on LGBT Health and Wellness.



BUILDING HAPPIER KIDS

Stress-busting Tools for Parents

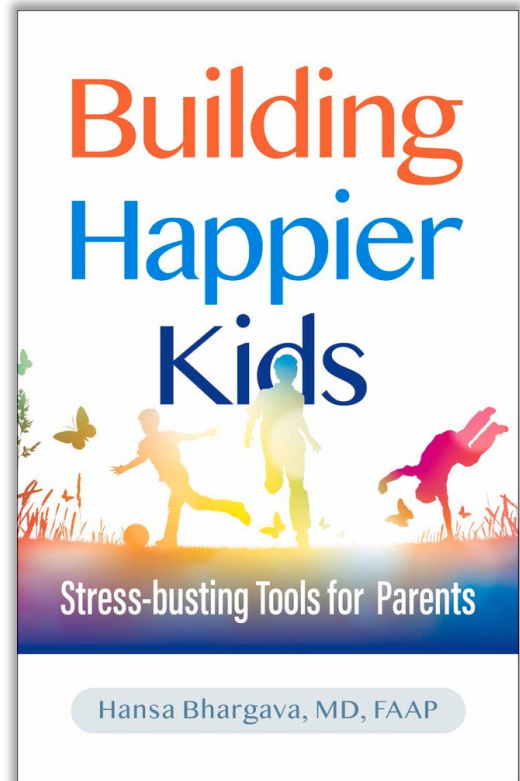
Hansa Bhargava, MD

American Academy of Pediatrics, March 2022

In *Building Happier Kids*, Dr Bhargava helps parents understand the impact of stress and shares concrete steps parents can take to reduce the pressure on their children and teens and increase their health and happiness. Dr Bhargava prescribes taking a step back from today's nonstop pace and focusing on the basics of healthy eating, quality sleep, and unscheduled free time. With extracurricular commitments, homework, and ever-present electronic devices, this can seem easier said than done, but Dr Bhargava offers realistic, balanced advice that will help prioritize health and restore the happiness of childhood.

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Hansa Bhargava, MD, FAAP, is a board-certified pediatrician, senior medical director at WebMD, and a staff physician at Children's Healthcare of Atlanta. She has appeared as an expert on national media including CNN, HLN, and NPR and has regular appearances on CBS, Local Now, and Fox. She is a mom of two teens and lives in Atlanta.





RETRO BABY

Timeless Activities to Boost Development – Without All the Gear!

Anne H. Zachry, PhD, OTR/L

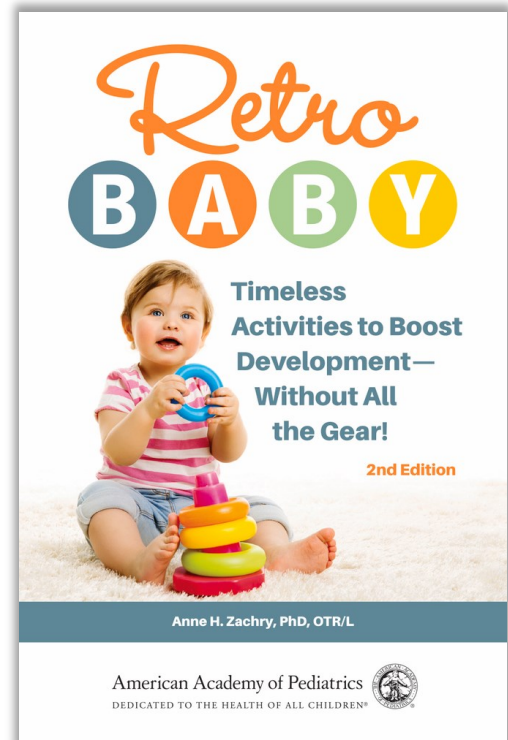
American Academy of Pediatrics, June 2022

It can seem like babies need so much gear and so many toys. But when it comes to their health and development, less is more. In *Retro Baby*, originally published in 2013, pediatric occupational therapist and child development specialist Anne Zachry shows parents how bouncers, swings, and other baby holders, as well as electronic toys and screen-time, can hinder development and delay milestones. She suggests a return to back-to-basics parenting, featuring ideas for hands-on activities, homemade toys, and lots of caregiver engagement. Her approach will save parents money, reduce household clutter, and most importantly boost development and bonding.

This new edition includes revised information on screen time, updated safe sleep recommendations, increased emphasis on the importance of varying infant positions, and more!

Category:	Social Science / Parenting
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Kaplan/DeFiore Controls:	Translation Rights, exclusive:
Chinese (simplified) and Greek	
Material:	PDF
Page Count:	225

Anne H. Zachry, PhD, OTR/L, is a pediatric occupational therapist, child development specialist, and assistant professor of occupational therapy at the University of Tennessee Health Science Center.





CONGRATS—YOU'RE HAVING A TEEN!

Strengthen Your Family and Raise a Good Person

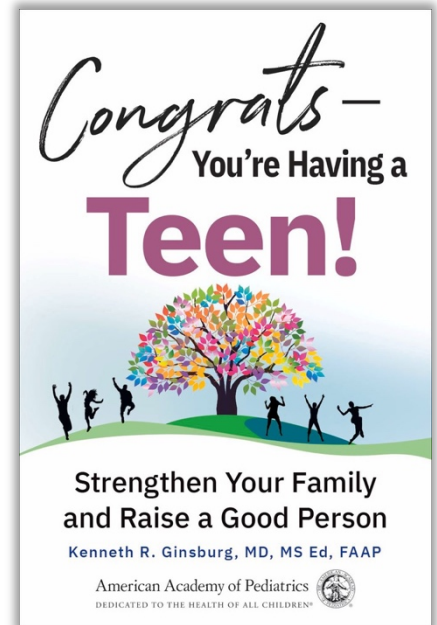
Kenneth R. Ginsburg, MD, MEd

American Academy of Pediatrics, October 2022

Dads and moms of adolescents are often warned about parenting teenagers by other well-meaning adults. But pediatrician Dr. Ginsburg is out to prove that these years are parents' best opportunity to effectively guide their children toward adulthood and should be celebrated! He shows how to help teens build confidence in their ability to handle the world on their own while laying the groundwork for a stronger relationship for life.

Parents will learn to understand their child's developmental needs and meet them, rather than finding themselves in conflict. Moms and dads will also learn ways to support their teen's growth and even their healthy experimentation while assuring their safety and moral development. With Dr. Ginsburg's effective and mutually respectful communication strategies, parents and teens will emerge with stronger connections and a healthier family.

<i>Category:</i>	Parenting
<i>Format:</i>	Paperback
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Kenneth R. Ginsburg, MD, MS Ed, FAAP, practices adolescent medicine at Children's Hospital of Philadelphia and is a professor of pediatrics at the University of Pennsylvania Perelman School of Medicine. He is the founding director of the Center for Parent and Teen Communication. His books include *Building Resilience in Children and Teens: Giving Kids Roots and Wings* and *Raising Kids to Thrive: Balancing Love With Expectations and Protection With Trust*. He is the father of 2 young adults and lives in Philadelphia, PA.



RETURN TO YOU

A Postpartum Plan for New Moms

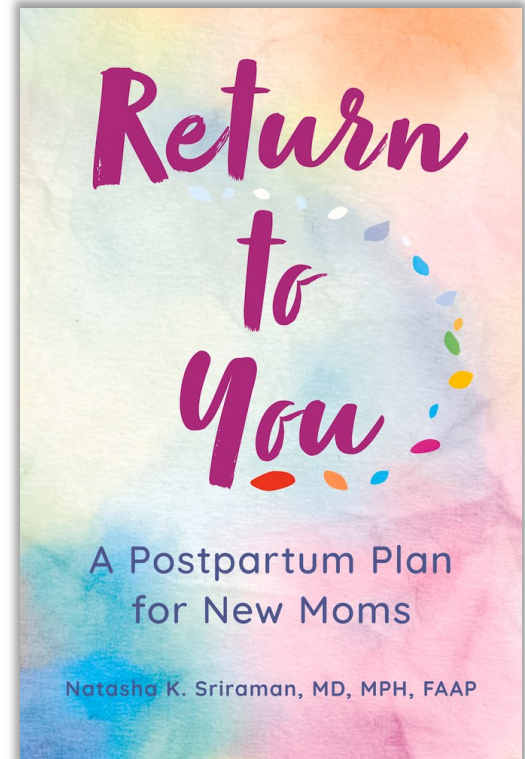
Natasha K. Sriraman, MD

American Academy of Pediatrics, July 2022

Having a baby is supposed to be the happiest time of a woman's life, but for some it isn't. And for many, it is the most challenging. As they learn to care for their newborns, many new mothers often face physical challenges with breastfeeding, sleep, and nutrition, and struggle with feelings of isolation, sadness, and guilt.

Dr. Sriraman shares practical professional advice along with her own personal experiences and those of other mothers to help 4th trimester moms know they are not alone. From pelvic floor issues to postpartum depression, no topic is taboo. *Return to You* will help new moms restore themselves physically and encourage them to ask for help and give themselves the time they need to rest, recover, and heal emotionally.

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Natasha K. Sriraman, MD, MPH, FAAP, FABM, is a board-certified academic pediatrician, an associate professor of pediatrics at Eastern Virginia Medical School/Children's Hospital of the King's Daughters, and a mother of 3. She is an internationally recognized expert on breastfeeding and postpartum depression who has served on the executive committee of the American Academy of Pediatrics (AAP) Section on Breastfeeding and the executive board of the Virginia Chapter of the AAP and is honorary chairperson of Postpartum Support Virginia. She lives with her husband and children in Virginia Beach, VA.



BABY AND TODDLER BASICS

Expert Answers to Parents' Top 150 Questions

Tanya Altmann, MD

American Academy of Pediatrics, October 2022

Parents of children from birth to age 3 will find answers to their most frequently asked questions about child health and wellness in this easy-to-understand, fully updated volume. Tanya Altmann, MD, FAAP, helps parents with friendly, straightforward guidance in an easily digestible question-and-answer format.

Baby and Toddler Basics focuses on parents' top 150 questions, based on Dr. Altmann's years in practice. An Internet search of these questions could yield dozens of answers, many from dubious sources. Dr. Altmann addresses parents' concerns with the expertise of a pediatrician backed by the trusted authority of the American Academy of Pediatrics. *Baby and Toddler Basics'* clear Q&A layout means it's just as fast as Googling, but with answers parents can trust.

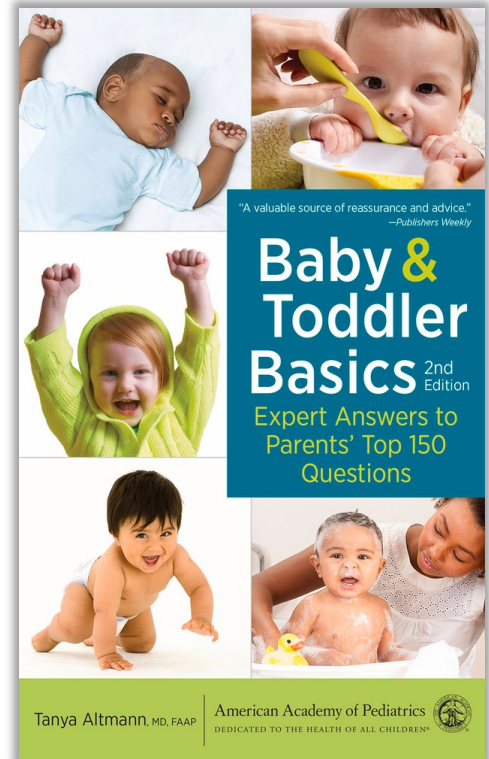
Topics covered include:

1. Breastfeeding
2. Developmental stages
3. Fever
4. First aid and injuries
5. General baby care
6. Pooping
7. Safe sleeping and sleep challenges
8. Stomachache and illness
9. Vaccines
10. And much more!

Dr. Altmann's clear answers to these questions will help parents take the right actions at home and alert them when it would be best to call their pediatrician. With *Baby and Toddler Basics*, parents can keep their own "portable pediatrician" in their diaper bag or on their nightstand, always ready with reassuring answers.

<i>Category:</i>	Social Science / Parenting
<i>Format:</i>	Paperback
<i>Kaplan/DeFiore Controls:</i>	Translation Rights, exclusive: Chinese (simplified) and Greek
<i>Material:</i>	PDF
<i>Page Count:</i>	300

Tanya Altmann, MD, FAAP, is a practicing pediatrician, founder of Calabasas Pediatrics, and an Adjunct Clinical Assistant Professor of Pediatrics at Children's Hospital Los Angeles. She is also an American Academy of Pediatrics spokesperson and sits on the Editorial Advisory Board for Sharecare. Dr. Tanya is the editor-in-chief of the American Academy of Pediatrics flagship book *Caring for Your Baby and Young Child*, the editor-in-chief of *Your Baby's First Year*, and the author of *Baby and Toddler Basics*. She lives in Los Angeles, CA with her husband and 3 sons.





MY CHILD IS SICK!

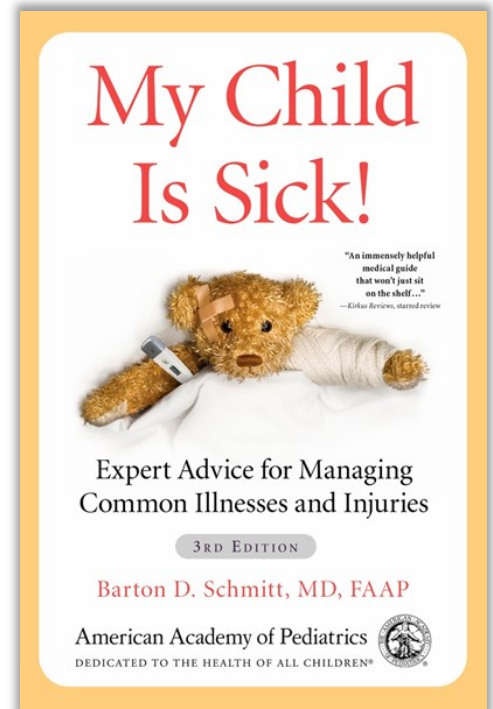
Expert Advice for Managing Common Illnesses and Injuries

Barton D. Schmitt, MD

American Academy of Pediatrics, November 2022

Parents will find clear, evidence-based answers for what to do when their child is sick or injured, allowing them to save time and money while providing the best care for their child. *My Child Is Sick* features the most common childhood illnesses and injuries with guidance based on the same criteria used by pediatric call centers to determine if a child is best treated at home, the pediatrician's office, or the emergency department. From pink eye to ear infections and bee stings to vomiting, conditions are explained in easy-to-understand terms, clearly laying out next steps for parents to follow. This new third edition is fully revised and updated and includes COVID-19 information as well as helpful tools like an over-the-counter medication dosing chart.

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<i>Format:</i>	Paperback
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<i>Page Count:</i>	400



Barton D. Schmitt, MD, FAAP, is a professor of pediatrics at the University of Colorado School of Medicine and former medical director of the After-Hours Call Center for 30 years at Children's Hospital Colorado in Aurora, CO.



NURTURING BOYS TO BE BETTER MEN

Shelly Vaziri Flais, MD

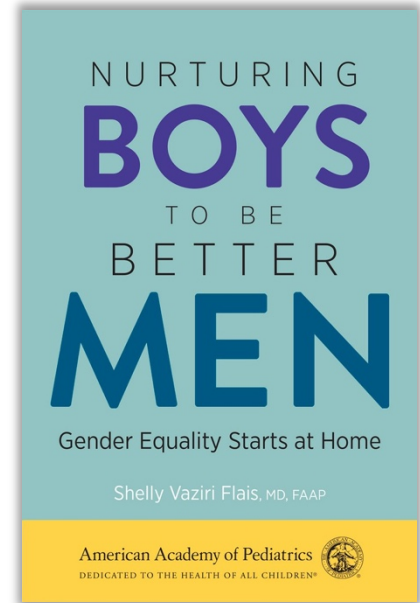
American Academy of Pediatrics, October 2023

Pediatrician and mother of four Dr. Shelly Flais gives parents the tools they need to start the lifelong process of raising their boys into men who are mentally healthy, empathetic, and committed to gender equality.

Dr. Flais provides concrete techniques for parents to push back against cultural stereotypes and toxic masculinity as they nurture their sons. Because “kids do as they see,” the work of being role models for gender equality starts in the home.

Dr. Flais explains developmentally appropriate opportunities for growth and awareness of gender equality at every age from before birth through early adulthood.

This conversation-starter emphasizes the benefits of gender equality for boys and girls and men and women, and discusses it not only in the context of the family, but also the extended family, school, and greater community.



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<i>Page Count:</i>	240

Shelly Vaziri Flais, MD, FAAP, is a board-certified practicing pediatrician, mother of three sons and one daughter, and an assistant professor of clinical pediatrics at Northwestern University Feinberg School of Medicine and Ann & Robert H. Lurie Children’s Hospital of Chicago. She is the author of *Raising Twins*, editor-in-chief of *Caring for your School-Age Child*, and co-editor of *The Big Book of Symptoms*. She is an AAP spokesperson and frequent media contributor who lives in the Chicago suburbs.



HEADING HOME WITH YOUR NEWBORN

From Birth to Reality

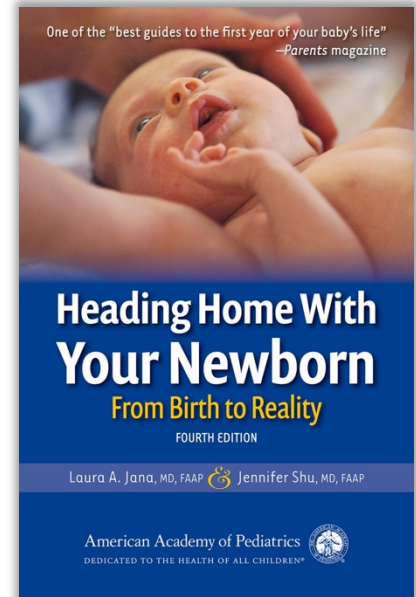
Laura A. Jana, MD, and Jennifer Shu, MD

American Academy of Pediatrics, September 2020

New moms and dads often wish for an instruction manual to their new baby—this is it!

Fully revised and updated, the fourth edition of this bestselling guide offers essential advice from two pediatrician-moms. It covers everything new parents need to know, from feeding and dressing, to diapering and bathing, and from crying and sleep to travel and activities. Updates include: a section on baby blues and postpartum depression; added information on breastfeeding, pumping and insurance benefits; new safety information on SIDS and car seats; and updates throughout, bringing all advice up to date with the latest AAP guidelines.

This parent-tested, pediatrician-approved advice will help new parents feel comfortable those first few days and weeks at home and serve as a reference for the whole first year.



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Laura A. Jana, MD, FAAP, is a pediatrician and mother of 3 who has been featured by such media outlets as CNN, The Today Show, US News and World Report, and NPR. She currently holds a faculty appointment at Penn State University's Prevention Research Center, is a strategic consultant to Primrose Schools, and serves as an early childhood expert for the Maternal Child Health Bureau. She lives in Omaha, Nebraska.

Jennifer Shu, MD, FAAP, is a practicing pediatrician, mother, medical editor in chief of HealthyChildren.org and a content reviewer for BabyCenter.com. She has been a health expert for CNN.com, WebMD.com, and the Parents magazine advisory board. She lives in Atlanta, Georgia.



BUILDING RESILIENCE IN CHILDREN AND TEENS: GIVING KIDS ROOTS AND WINGS

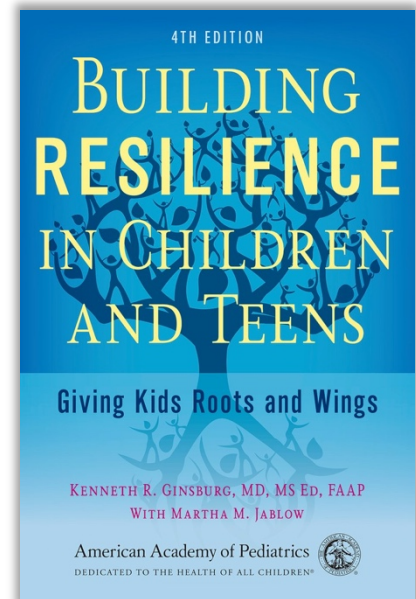
Giving Kids Roots and Wings

Kenneth R Ginsburg MD, MS Ed with Martha M Jablow

American Academy of Pediatrics, May 2020

Help prepare the children and teens in your life to face life's challenges with grace and grit.

In this award-winning guide author and pediatrician Dr. Ken Ginsburg shares his 7 crucial Cs: competence, confidence, connection, character, contribution, coping, and control. You'll discover how to incorporate these concepts into your parenting style and communication strategies, thereby strengthening your connection. And that connection will position you to guide your child to bounce back from life's challenges and forge a meaningful and successful life. You'll also learn detailed coping strategies to help children and teenagers deal with the stresses of academic pressure, media messages, peer pressure, and family tension. These approaches will prepare children to thrive and make it less likely that they will turn to risky quick fixes and haphazard solutions. Resilience is a critical life skill. And it can be taught! Learn how with *Building Resilience in Children and Teens*.



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Kenneth R. Ginsburg, MD, MS Ed, FAAP is a professor of pediatrics in the division of adolescent medicine at The Children's Hospital of Philadelphia and the University of Pennsylvania School of Medicine. He is also director of health services at Covenant House Pennsylvania and the author of *Raising Kids to Thrive*, *Letting Go with Love and Confidence*, and *Reaching Teens*. He is the father of two daughters and lives in Philadelphia, PA.

Martha M. Jablow has written extensively on parenting and health as the author of several books and articles.



CO-PARENTING THROUGH SEPARATION AND DIVORCE

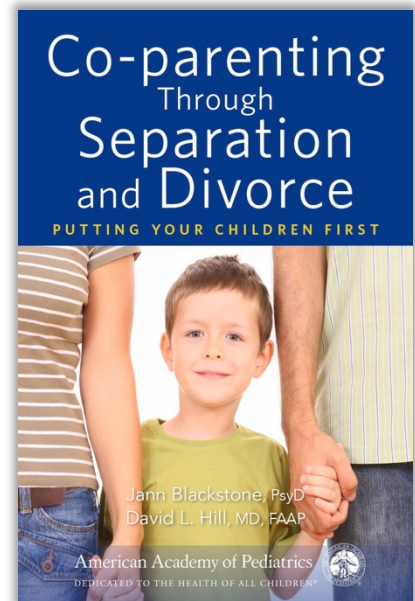
Putting Your Children First

Jann Blackstone, PsyD, and David Hill, MD

American Academy of Pediatrics, June 2020

Parents going through separation or divorce are understandably worried about how the change in the family will affect their children. This guide walks parents through all the factors they should consider and offers step-by-step guidance on how to work together to put their children first. From sharing the news with children in an age-appropriate way to handling the issue of custody, from concerns about affairs or abuse to embarking on remarriage and blending families, *Co-Parenting Through Separation and Divorce* offers a roadmap through one of life's most difficult challenges with the goal of healthy, happy kids informing every decision along the way.

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Jann Blackstone, PsyD, is a retired child custody mediator for the Superior Court of California and the founder of Bonus Families. She is the author of six books on divorce, remarriage, and co-parenting and a nationally syndicated weekly newspaper column, "Ex-etiquette." She currently resides in Phoenix, AZ, and has four children: two biological, two bonus.

David L. Hill, MD, FAAP, is a pediatric hospitalist at Goldsboro Pediatrics in North Carolina and an adjunct Assistant Professor of Pediatrics at the University of North Carolina School of Medicine. He is the author of *Dad to Dad: Parenting Like a Pro* and associate medical editor of *Caring for Your Baby and Young Child: Birth to Age 5*. He lives in Wilmington, NC with his wife and has three children and two stepchildren.



RAISING AN ORGANIZED CHILD

5 Steps to Boost Independence, Ease Frustration, and Promote Confidence

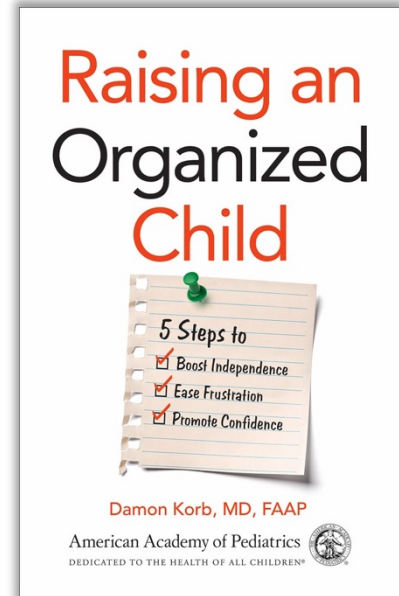
Damon Korb, MD

American Academy of Pediatrics, June 2019

Organized children are raised, not born. That's the philosophy behind this confidence-building, sanity-saving book. Fostering organized thinking in your child will help with concrete concerns (think a tidier bedroom!) and build critical life skills like learning to plan and grasping the big picture. Dr. Korb's 5 Steps to *Raising an Organized Child* apply to all ages. So, whether you have an infant or a teenager, it's never too late (or too early!) to foster organization in him or her and harmony in your whole family.

Raising an Organized Child presents specific activities for your child's age and developmental level to improve executive function. No matter if your child is just your average chaotic kid or struggling with additional challenges like ADHD, you can boost your child's organization and lower your frustration with Dr. Korb's guidance.

Category:	Social Science / Parenting
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Damon Korb, MD, FAAP, is a practicing developmental and behavioral pediatrician and founder of the Center for Developing Minds. Dr. Korb is president of the Society for Developmental and Behavioral Pediatrics and an adjunct clinical instructor at Stanford University Medical Center. He is the father of 5 children and lives in Northern California.



RAISING TWINS

Parenting Multiples From Pregnancy Through the School Years

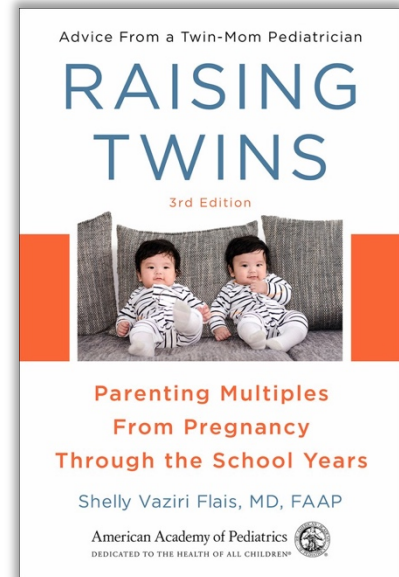
Shelly Vaziri Flais, MD

American Academy of Pediatrics, September 2019

As a twin-mom, pediatrician, and American Academy of Pediatrics spokesperson, Dr. Flais is the most trusted source for twin parenting advice.

Pediatrician and twin-mom, Dr. Shelly Vaziri Flais, offers expert advice for raising healthy, well-adjusted twins and triplets in this fully revised and updated third edition. Her guidance will help parents of multiples prepare for their babies' arrival, weather the first few months of infancy, manage toddlerhood, and help establish individual identities through the school-age and teenage years. The combination of sound medical advice and real-world experience will give twin-parents the direction and reassurance that they need. Packed with thoughtful advice, parenting tips, and anecdotes from twin-moms and -dads, this new edition also includes interviews with twins, including astronaut Scott Kelly.

<i>Category:</i>	Social Science / Parenting
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Shelly Vaziri Flais, MD, FAAP, is a board-certified practicing pediatrician and mother of four children, including twin boys. She is an assistant professor of clinical pediatrics at Northwestern University Feinberg School of Medicine and Ann & Robert H. Lurie Children's Hospital of Chicago, editor-in-chief of *Caring for Your School-Age Child: Ages 5-12*; and co-editor of *The Big Book of Symptoms: A-Z Guide to Your Child's Health*.



LIGHTHOUSE PARENTING

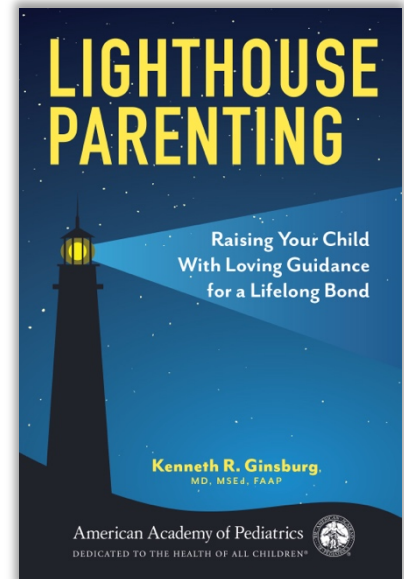
Raising Your Child With Loving Guidance for a Lifelong Bond.

Kenneth R Ginsburg, MD, MS Ed

American Academy of Pediatrics, June 2024

Leading adolescent health expert Dr. Ken Ginsburg offers a road map for raising children for greater academic success, higher levels of emotional well-being, increased resilience, fewer behavioral risks, and reduced emotional distress. His lighthouse parenting action plan applies a balanced parenting approach that lays the foundation for the kind of relationship in which parents will be welcomed as a guide in childhood, throughout adolescence, and beyond. Lighthouse Parenting develops emotionally healthy children and adolescents who go on to have deep, enduring relationships with their parents for their entire lifetime.

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Kenneth R. Ginsburg, MD, MS Ed, FAAP, practices adolescent medicine at Children's Hospital of Philadelphia and is a professor of pediatrics at the University of Pennsylvania Perelman School of Medicine. He is the founding director of the Center for Parent and Teen Communication. His books include *Congrats—You're Having a Teen!* and *Building Resilience in Children and Teens*. He is the father of 2 young adults and lives in Philadelphia, PA.



A PARENT'S GUIDE TO TYPE 1 DIABETES

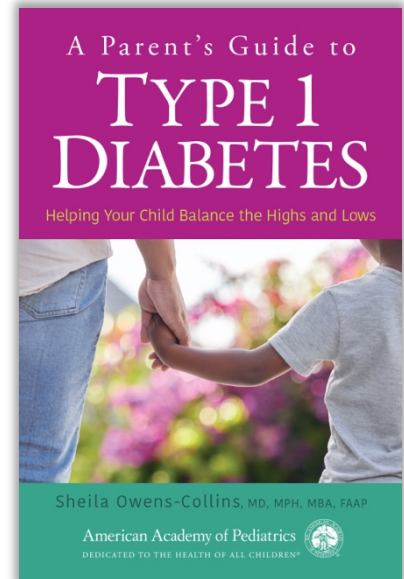
Helping Your Child Balance the Highs and Lows

Sheila Owens-Collins, MD, MPH, MBA

American Academy of Pediatrics, June 2024

Parents, family members, teachers, and other caretakers of a child who has been recently diagnosed with type 1 diabetes will find information and compassion in this introductory guide. Pediatrician and mom of a son with type 1 diabetes, Dr. Shelia Owens-Collins will help parents and their “village” understand what type 1 diabetes is and how to help their child successfully manage the physical and emotional aspects of it. Parents will learn how to help their child balance nutrition, exercise, and blood glucose control to stay in balance and live their best life.

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Sheila Owens-Collins, MD, MPH, MBA, FAAP, is board-certified in pediatrics and neonatal-perinatal medicine. She has served as a board member of the JDRF - St. Louis Chapter, member of the National Quality Forum subcommittees on women and child health and patient safety, and on the Texas Perinatal Advisory Committee. She has 2 sons, including one with Type 1 Diabetes, and a bonus daughter. She lives in Rockville, MD.



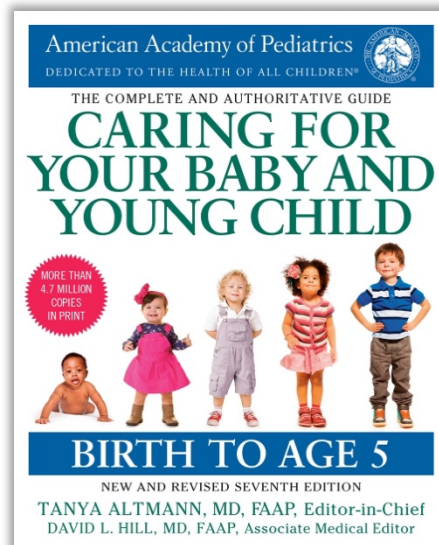
CARING FOR YOUR BABY AND YOUNG CHILD

Birth to Age 5

Tanya Altmann, MD, and David L. Hill, MD

American Academy of Pediatrics, October 2019 (7th Edition), Fall 2024 (8th Edition)

The seventh edition of *Caring for Your Baby and Young Child, Birth to Age 5* is the gold-standard reference guide for parents from the most trusted source available - the 67,000-member American Academy of Pediatrics. Everything on basic childcare is covered in our newly revised and updated top-selling book, with new information on everything including allergies, vaccines, and probiotics. What's the best way to prevent food allergies? How can you get your infant to sleep through the night? How can you keep your child from getting sick? How do you navigate screen time? How do you know if your child has ASD or ADHD, and how can you help? What environmental dangers should you be aware of for your child's health? The answers to these questions - and thousands more - are delivered in a warm, accessible, user-friendly style. This eBook is divided into two parts: the first part provides everything a parent needs to know to take the best care of their child. The second part describes situations in depth - everything from colds to illnesses, allergies, and even environmental hazards. This is the trusted guide a parent turns to again and again as his or her baby grows.



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Tanya Altmann, MD, FAAP, is a practicing pediatrician who founded Calabasas Pediatrics and is an assistant clinical professor at Mattel Children's Hospital at UCLA. She is also an American Academy of Pediatrics spokesperson and sits on the Editorial Advisory Board for Sharecare. Dr. Tanya is the author of *Baby and Toddler Basics* and *What to Feed Your Baby*. She lives in Calabasas, CA with her husband and 3 sons. The American Academy of Pediatrics is an organization of 67,000 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. The AAP is the largest pediatric publisher in the world, with a diverse list of resources that includes essential clinical and practice management titles and award-winning books for parents.

David L. Hill, MD, FAAP, is a pediatric hospitalist at Goldsboro Pediatrics in North Carolina and an adjunct assistant professor of pediatrics at the University of North Carolina School of Medicine. He is the author of *Dad to Dad: Parenting Like a Pro* and has appeared as an expert in national media outlets ranging from CNN to Fox News and from The New York Times to the Wall Street Journal. He lives in Wilmington, NC with his wife and has three children and two stepchildren.



AUTISM SPECTRUM DISORDER

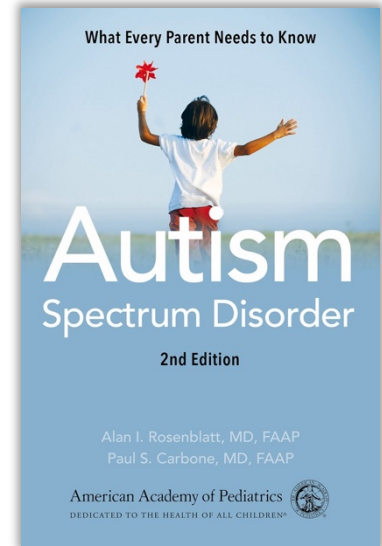
What Every Parent Needs to Know

Alan I. Rosenblatt, MD, and Paul S. Carbone, MD

American Academy of Pediatrics, April 2019 (2nd Edition)

Medically sound advice for parents of children with an autism spectrum disorder from the most trusted name in child health.

This guide helps parents understand how ASDs are defined and diagnosed and offers an overview of the most current behavioral and developmental therapies. Topics include: symptoms and types of ASDs, accessing care, services in the community, and the role of complementary and alternative medicine. Parents will also find inspirational and relatable stories from other caretakers.



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