



# My Child's Health Journal: Milestones and Memories of the First 12 Years

*Nancy S. Wilson*

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The beautifully packaged *My Child's Health Journal* is a great gift for a new mom—but it is also an important gift for baby. The unique features in this personalized journal offer parents a place to record all the health information that is crucial to a child's development, and it will serve as an important record for any health challenges the future may hold.

Organized by age—from birth through age 12—the journal offers guidelines and what-to-expect information on the 10 essential well-baby and 10 well-child visits recommended by the American Academy of Pediatrics. Within the six tabbed sections are places to record illnesses, calls to the doctor, medications, allergies, and special milestones like baby's first words and first steps. Throughout the journal are helpful tips on teething, childproofing the home, potty teaching, getting ready for preschool, establishing good health habits, and setting fitness goals. A seventh section includes charts for recording immunizations and results from tests and health screenings.

This charmingly illustrated journal is an invaluable gift of health for both mother and child.

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