

## **Introduction**

This booklet will help you meet the common needs of newborn babies and older children and adolescents. It provides helpful hints on how to keep your child healthy and happy. I hope it will be a good resource for you in those times when questions about your child arise.

Your child is an unique individual from the day he or she is born. Adapt these instructions to your child. Do not depend on friends and relatives. I will be happy to answer your questions while you are in the hospital or later by phone and during your visits to my office. Through the year, I will give you detailed instructions for your child.

I will remind you that my **Web site** has lots of links to health information that I think is best for your child. The Web site also allows you to record your child's health information for times when you might have more than one doctor. This personal health record can be shared with any doctor you choose or you may keep it private for your family use only.

<http://www.markmsimonian.medem.com>