

Mommy, My Head Hurts

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A NEWMARKET PARENTING GUIDE

MOMMY, my head hurts



For Parents and
Caregivers of
Children from
Infants to
Teens

A Doctor's Guide to Your Child's Headache

SARAH CHEYETTE, M.D.

Foreword by Dr. Donald E. Cook, President, American Academy of Pediatrics
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出版者:W W Norton & Co Inc

出版时间:

装帧:Pap

isbn:9781557045355

Dr. Sarah Cheyette, a pediatric neurologist and mother of two young children, gives attention to a serious need: helping parents and caregivers of children from infants to teenagers understand and deal with headache pain, treat it with and/or without medication, and keep it from controlling their child's life as well as their own. In a clear, lively, easy-to-understand style, with case studies, resources, diagrams, and a valuable "sample headache diary," Dr. Cheyette answers such pressing questions as: -- How can I identify and treat pain in my baby? My toddler? My teen? -- What are the possible causes of my child's headache? -- What medications and nondrug therapies are available? -- How can I prepare my child for a doctor's visit? -- What questions should my doctor ask to ensure an accurate diagnosis of my child's headache? -- What are our options if we've already seen a doctor ... and the headache still isn't going away?

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