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Take a Deep Breath:Clear the Air for the Health of Your Child

Nina L Shapiro

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At some point during childhood, 80 to 90% of all children have a breathing problem. ‘Take a Deep Breath’ is a comprehensive, accessible, and indispensible guide for parents, caregivers, teachers, and healthcare providers on the subject of children's breathing issues.

From the uppermost part of the airway — the nose, to the lowermost part — the lungs, Dr Nina Shapiro explains which problems are truly worrisome, and which are actually normal stages in a child's growth. ‘Take a Deep Breath’ will enable you to do just that, take a deep breath, and get a better, clearer understanding of what's going on when a child breathes in and out.

Contents:

- ***Newborn to Three Months:***
  - Nose-Breathing a Must!
  - Throaty Gurgles: The Low-Down on the Lazy Voice Box
  - Newborn Breathing Issues Related to Feeding
  - Back to Sleep and Beyond: SIDS Prevention
  - Wheezing: Can a Newborn Have Asthma?
  - Respiratory Infections in Newborns
  - Clear the Air for Your Newborn
- ***Three Months to One Year:***
  - Stuffy Nose in Babies: What's Up There?
  - Throaty Noises and Stridor
  - Feeding Issues for Healthy Breathing
  - Sleepy Breathing in the First Year
  - Respiratory Illnesses in Babies: Croup and Crud
  - Nebulizers: What's in Them?
  - Clear the Air for the First Year
- ***One to Five Years:***
  - Stuffy Nose/ Runny Nose/ Sinusitis — From Friends and Foes
  - Snoring: What's That Noise?
  - Choking Hazards: What is Safe to Eat?
  - Hoarseness in Toddlers and Preschoolers: Shhhhh!
  - Wheezing and Coughing: When is it Asthma?
  - Respiratory Illness in Toddlers and Preschoolers: Yuck!
  - Clear the Air for Your Child

Readership: Parents, caregivers, teachers, pediatricians, primary care physicians.

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