



# **Mama Doc Medicine: Finding Calm and Confidence in Parenting, Child Health, and Work-Life Balance**

*Wendy Sue Swanson*

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"Parents want to do what is right," explains Mama Doc blogger and pediatrician Wendy Sue Swanson, MD, MBE, FAAP. Yet because many parents find that defining what's right can sometimes be elusive. Dr Swanson has created this innovative guide to help.

Based on the popular SeattleMamaDoc blog, Mama Doc Medicine: Finding Calm and Confidence in Parenting, Child Health, and Work-Life Balance is a timely collection of almost 100 entries grouped under the following headings:

Part 1: Prevention

Part 2: Socia-Emotional Support

Part 3: Immunizations

Part 4: Work-Life Balance

Dr. Swanson's experience as a mother and a physician provides this book with simple answers to the "how," "what," "why," and "who" questions of parenting.

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