Sources for Patient Education Materials

Barton Schmitt: The Pediatric Advisor. (Denver, Colorado: Clinical Reference Systems, Phone: 1-800-237-8401 URL: http://www.patentededucation.com). Computerized handouts on over 1100 topics written by over 20 health care professionals, allows handouts to be individualized, updated yearly and includes Spanish versions of the top 250 topics. The software package costs $495 for a single user. Network packages are also available.

Barton Schmitt, Instructions for Patient Education. (W.B.Saunders Co., Independence Square West, Philadelphia 19106, (phone: 1-800-545-2522). This text contains several hundred 1-2 page informational handouts. The cost is $42.95. Updates are provided in almost every issue of Contemporary Pediatrics.


Carolyn Shroeder and Betty Gordon, Assessment and Treatment of Childhood Problems. (Guilford Press, 72 Spring Street, New York NY 10012, phone: 1-800-365-7006).Written for professionals this book addresses how to help parents and children with stressful life events -new siblings, sibling rivalry, divorce and death. It also covers management of common problems such as toileting, sleep, sexual abuse, negative behavior, fears, habits and tics, etc. The appendices include a list of books for parents and children, tools for gathering information from parents and teachers are included, and descriptions of numerous tests. The cost is $45.00.

Wyckoff and Unell, Discipline Without Shouting or Spanking. (Simon & Schuster, 1230 Avenue of the Americas, NY, NY 10020); (phone: 800-223-2336).This simple and inexpensive text is written at the 4th- to 5th-grade level and includes short 2- to 5-page chapters on behavioral problems. It costs $6.00 and not only gives guidance but very helpful examples. www.amazon.com

Edward Christopherson, Pediatric Compliance: A Guide for the Primary Care Physician. (New York, Plenum Publishing Corporation, 1994, phone: 212-807-1047). This book contains numerous informational handouts and other suggestions for organizing general practices to address developmental and behavioral issues. The text, which costs $46.75 includes the Eyberg Child Behavior Inventory, the Connor’s Scale and others.


The American Academy of Child and Adolescent Psychiatry (URL: (http://www.aacap.org/publications/factsfam/index.htm) has 51 handouts that can be downloaded without cost. The handouts are written in English, Spanish, and French, and address such topics as divorce, disaster recovery and how to choose a psychiatrist.

The American Academy of Pediatrics (fax: 1-847-228-5097). has parenting brochures that can be purchased in large quantities. These cover violence, television, single parenting, toileting, hospital stays, health and safety issues, etc. The AAP website (URL: http://www.aap.org) also child-care books, videos, hand-held health records, waiting room magazines, etc. Information for parents is housed at http://www.medem.com/medlb/medlb_msphs.cfm where a free e-mail newsletter is also available.

The Ambulatory Pediatric Association (URL http://www.ambpeds.org/parentpatient.cfm) has a website that houses several downloadable handouts. These focus on building language and preschool skills, socialization, Other handouts address the most common nonmedical complaints such as discipline and behavior.

British Columbia Council for the Family (phone: 604-660-0675, URL:http://www.bccf.bc.ca/) can provide individual and bulk copies of books and brochures on such topics as adolescence, marriage, family cohesion, child development, etc. The site describes a parenting program, “Nobody’s Perfect” and its training manuals. There is also an online service called, “Parents’ Resource Almanac” with a list of books, periodicals, associations and research centers devoted to parenting topics.

Nemours Foundation: www.kidshealth.org. Has articles for parents, adolescents and children on psychosocial and medical topics.

Child and Youth Health has a great website with especially indepth articles on bullying and numerous other psychosocial issues: http://www.cyh.sa.gov.au/

Helpful sources for age-paced newsletters are:

(a) Pierre the Pelican. (Family Publications Center, 1539 Jackson Avenue, Suite 210, New Orleans, LA, phone: 504-523-0555). This newsletter is one of the best researched and most widely used (e.g., it is sent to every child born in the state of Louisiana. Usually initiated during the newborn period, there are 12 letters in the first year and bimonthly letters thereafter until age 6. Bulk purchases (sets of 100), cost about $88. or $96. for a version with your office’s imprint. A specimen set can be had for $8. There is also a prenatal version.

(b) Growing Child. (Dunn & Hargitt, Inc. P.O. Box 620, Lafayette, Indiana 47902 phone: 1-800-927-7289) This is a monthly child-rearing newsletter, matched at the time of subscription to the age of the child (birth through 6 years of age). It costs $15 for the first year and $20 each year thereafter. http://www.growingchild.com/

(c) Your Child Now (phone: 1-800-777-0987) is a 4 page supplement bound into regular issues of Child magazine. Subscribers submit their child’s date of birth and the magazine sends inserts geared to the specific age of the child or children. Supplements cover development, appropriate toys, etc. An annual subscription of 10 issues to both Child and the supplements costs $12.97. http://www.child.com/index.jsp (the site also supports a listserv on parenting issues)