

CPR—Parenting Web Sites

Contemporary Pediatrics Resources



Conventional child-rearing advice that was once passed down by rumor, and then books, now disseminates through the Internet. Online communities, bulletin boards, ask-a-doctor advice columns, actual pediatricians, and healthcare professionals all proliferate on the Web. As do well-meaning parents without medical training, and a few questionable folks trying to sell their book. *Contemporary Pediatrics'* first podcast deals with how to talk to parents who have educated themselves on the Internet. These popular sites below most likely are where they're getting their info, and include who's ensuring the site sticks to good advice.

Ask Dr. Sears.com:

www.askdrsears.com

Billed as America's first family of pediatricians, and authors of "The Baby Book." Experts: Father William Sears, MD, mother Martha Sears, RN, and sons James M. and Robert W. Sears, both MDs as well.

Cafe Mom:

www.cafemom.com

Mothers can share advice about childrearing. It and sister site clubmom.com are perhaps best known as where television personality Meredith Vieira got her start.

Dr. Greene:

www.drgreene.org

Experts: Alan Greene, MD, Khanh-Van Le-Bucklin, MD, Sue Ragni, RN, and Mindy Swagel, LCSW.

Dr. Phil:

www.drphil.com/articles/category/4

Talk show host Phil McGraw, PhD, opines on just about every topic under the sun on his Web site, including parenting.

Dr. Spock:

www.drspock.com

Dr. Benjamin Spock died in 1998, but his site still goes strong. Experts include: Lynn Cates, MD (infectious diseases and immunology), Marjorie Greenfield, MD (pregnancy and birth), Robert Needleman, MD (behavior and development), and Mary Silva, MS, RD (feeding and nutrition).

Elizabeth Pantley:

www.pantley.com/elizabeth

Parent author of books on sleeping through the night.

Family Education:

www.familyeducation.com

Run by media company Pearson, which also runs sister site teachervision.fen.com and the child sites FEkids.com and funbrain.com.

The Happiest Baby:

www.thehappiestbaby.com

A series of books and DVD to help make a baby or toddler the happiest one "on the block." Expert: Harvey Karp, MD.

iParenting:

www.iparenting.com

Part of a media octopus that also makes parenting-advice books, magazines, radio shows, and over 40 other specific-issue Web sites.

The National Parenting Center:

www.tnpc.com

Sounds governmental, but mostly gives out "seals of approval" to skills-building toys. Experts include: Alvin Eden, MD, Peter Weiss, MD, Thomas Armstrong, PhD, Penelope Leach, PhD, Barton Schmidt, MD, Peter Neumeyer, PhD, and Kathy McCoy, PhD.

One Tough Job:

www.onetoughjob.org

Sponsored by the Massachusetts Children's Trust Fund, a state-specific agency to prevent child abuse.

Parenting Advice:

www.parenting-advice.net

Author site of a book on parenting advice. Expert: Sarah Chana Radcliffe, MEd.

The Parent Report:

www.theparentreport.com

An extension of the syndicated 60-second Parent Reports, which discuss parenting questions.

Parenthood:

www.parenthood.com

Run by a publishing company that also prints regional parenting magazines in five different states. Its articles are not written by doctors or nurses.

Parenting.org:

www.parenting.org

Presented by the Girls and Boys Town. Includes the Girls and Boys Town national hotline, 1-800-448-3000.

Pediatric Views:

www.childrenshospital.org/views/june06/sleep.html

Here's a world-famous pediatrician who's not tooting his own horn: Richard Ferber, MD, whose name has become a verb to describe the process of getting a child to go to sleep without parental help. His presence in pediatrics is big enough to get him on this list despite not having a Web page of his own.

Practical Parenting Advice:

www.practicalparent.org.uk

A British site for parenting advice, run by Andy Gill, PhD in psychology.

Raising Our Kids:

www.raisingourkids.com

Sponsored by Wal-Mart.

What to Expect.com:

www.whattoexpect.com

Not just for pregnancy! *The What to Expect* book series also has editions for the first year of birth and the toddler years. Experts: Heidi Murkoff, Arlene Eisenberg, and Sandee Hathaway, BSN.