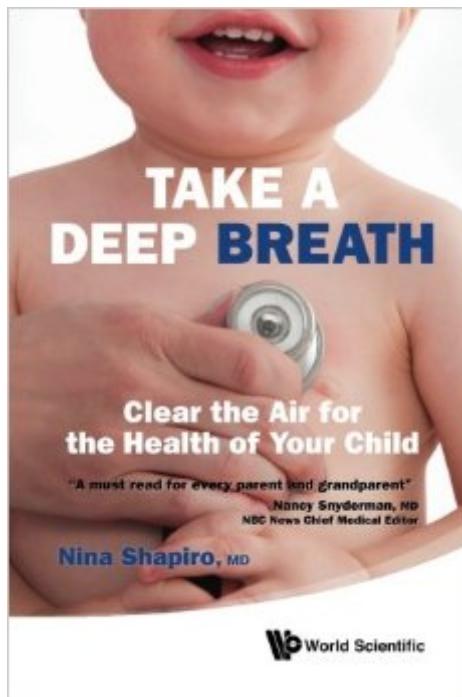


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# Take A Deep Breath: Clear The Air For The Health Of Your Child



## **Synopsis**

At some point during childhood, 80 to 90% of all children have a breathing problem. 'Take a Deep Breath' is a comprehensive, accessible, and indispensable 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. Readership: Parents, caregivers, teachers, pediatricians, primary care physicians.

## **Book Information**

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## **Customer Reviews**

Parents often find themselves with many more questions than they originally anticipated prior to a child's birth. There are most likely very few parents who anticipated an infant with pneumonia and fewer were probably curious about whether their child at age one would snore as loud as their grandfather. Some of these situations are obviously much more severe than others, but determining when to take action and when to wait it out can sometimes be the most difficult question. A parent's number one source of information and advice is always their child's pediatrician, but who couldn't use a "go-to" manual? Take a Deep Breath: Clear the Air for the Health of Your Child by Nina L. Shapiro, MD is the premier guide book for parents looking to "clear the air" for their little one as well as themselves. Initially I agreed to review Take a Deep Breath: Clear the Air for the Health of Your

Child by Nina L. Shapiro because of our own family's struggle with breathing problems with my son. What I didn't expect was how wonderful a resource it would turn out to be. There were many points that Dr. Shapiro explains that we encountered during my son's infancy that we never considered simply because we felt he wasn't in any urgent distress. That's not to say we simply let him suffer through most of his first year, but had we known that using Afrin coupled with Saline drops could have relieved his allergy symptoms we would have jumped to use it. This isn't the only point, but now that he's older and suffers with severe allergy problems we will now be seeking out specific allergy testing that I wasn't aware was available until now. It also became clear to me that this would make an excellent gift to the parents of the new nephews we're welcoming into our family.

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