



# Pointers For Parents

## Rounding Up Online Resources For Parents

(NAPS)—While children don't come with an instruction book, many of today's parents are finding enough parenting information to fill a book on the Internet.

From the first trimester of pregnancy through the throes of parenting a teenager, parents can find a wealth of information—from in-depth articles to personalized answers to parenting questions—at helpful web sites.

According to a recent Harris poll, it's estimated that 30 percent of expectant and new parents are already online. Many visit sites where they can ask an expert or post a question on a bulletin board.

A good example is Dr. Greene's Housecalls at [www.drgreene.com](http://www.drgreene.com). Dr. Alan Greene, a pediatrician who developed one of the Internet's first pediatric web sites, has spent several years answering hundreds of online questions from parents.

"This is the next step in the evolution of medicine," said Greene, who describes himself as an Internet physician. "When I write one thoughtful and carefully researched article, it might be read by millions of people."

While Greene says the Internet will never replace the one-on-one interaction of a physical examination, diagnosis and treatment, it may save some parents a visit to the pediatrician or better inform them about a particular problem.

For example, for parents whose children suffer from a debilitating disease, the Internet can be a reliable source of infor-

mation about disease management, how to find support communities, the latest news on clinical trials and breakthroughs in medical research.

A good example is the Cystic Fibrosis Foundation site at [www.cff.org](http://www.cff.org), where families can get information about what causes the disease and how to manage the symptoms.

For families in which a child has diabetes, Children with Diabetes at [www.childrenwithdiabetes.com](http://www.childrenwithdiabetes.com), provides information and support.

The Starbright Foundation at [www.starbright.com](http://www.starbright.com) uses video-conferencing and interactive virtual environments for children in long term and critical care.

To find out about basic baby equipment, how to rate it and where to find it, parents can visit [Babycenter.com](http://www.babycenter.com).

At [www.babycenter.com](http://www.babycenter.com), they can purchase baby paraphernalia from strollers to car seats to diapers, high chairs and toys.

"High tech cannot replace high touch when it comes to healthcare," said Deb Cabla, Internet Health Program manager, Intel Corporation. "However, the Internet can prove to be valuable in augmenting a patient's visit to the doctor's office." Intel Corporation is working with the healthcare industry to make health information more accessible on the Web.

Although it's not a substitute for the family doctor, the Internet can provide key information to help parents raise healthy, happy children.

### Internet Health Sites for Parents

**Parenting Site** URL  
**Babycenter.com** <http://www.babycenter.com>

**Description**  
This e-commerce site has all the paraphernalia which parents need for their infants, and also contains articles, tools, and advice for new parents.

**Parenting Site** URL  
**Bright Futures** <http://www.brightfutures.org>

**Description**  
Sponsored by the Dept. of Health & Human Services, this site contains good information about child safety, recommended health exams, and child development norms.

**Parenting Site** URL  
**Dr. Greene's House Calls** <http://www.drgreene.com>

**Description**  
Dr. Alan Greene provides answers to hundreds of questions submitted by visitors, and writes in-depth articles on a wide variety of subjects of interest to parents and children.

**Parenting Site** URL  
**KidsHealth** <http://www.kidshealth.org>  
**Children's Health & Parenting**

**Description**  
The Nemours Foundation and the AMA have created this site which contains sections for kids as well as parents.

**Parenting Site** URL  
**Parent Soup** <http://www.parentsoup.com>

**Description**  
Parent Soup is strong on community and chats, and contains some fun interactive applications such as the "Baby Namer" and pregnancy planner.

**Parenting Site** URL  
**Pedinfo** <http://www.pedinfo.org>

**Description**  
This large online site contains hundreds of links to online resources recommended by pediatricians.

