

Sniffles...Fever...Sore Throats — Oh, My!

Sniffles, fevers, sore throats: these are all common occurrences for tens of millions of young children—especially if they are in day care or in school! And once they have these illnesses, the rest of the family often gets them, too.

When a young child doesn't feel well, his parents worry about him and are often unsure how to help him feel better. All of the titles in the *Dr. Hippo Series* (\$17.95 each; www.drhippo.com) by Charlotte Cowan, M.D. are a fun way to help both the child and parent feel better.

In each story, geared for children ages 2-7, the animal characters get (and get over) common illnesses with the help of their families and the kindly pediatrician Dr. Hippocrates (affectionately called Dr. Hippo by his patients). Dr. Cowan, a board certified pediatrician and parent of three children, understands that colds, fevers, sore throats and earaches cause families to worry. She writes to entertain, educate and comfort both parent and child.

In **Katie Caught a Cold**, a young polar bear is worried she'll miss the Ice Show; in **Peeper Has a Fever**, a young frog doesn't want to miss the Diving Contest; and in **Sadie's Sore Throat**, a young giraffe doesn't want to miss the School Art Fair. In **The Little Elephant with the Big Earache**, the first book in the series, Eddie is worried he will miss his birthday celebration.

"I hope these books reassure children (and their parents) while teaching them how to take care of colds, fevers, sore throats and earaches at home; I hope the stories also illustrate when parents should call or see the doctor," says Dr. Cowan, who trained and practiced for many years at Boston's MassGeneral Hospital for Children where she remains on staff.

Slipped into the back cover of each book is *A Guide for Parents*, written in question-and-answer format. Each 8-page laminated pamphlet includes Dr. Cowan's easy-to-understand advice, reflecting years of pediatric experience.

"Getting sick—even with a mild illness—can be upsetting and confusing for young children. We love these adorable books by pediatrician Charlotte Cowan, M.D. Kids ages 2-7 will want to listen to the stories even when they're healthy. Bonus: A pull out guide for parents with questions and answers about the illness," wrote Parents magazine. "Blends kindness and warmth with excellent medical care...Dr. Hippocrates epitomizes the best of pediatricians," commented Alan Ezekowitz, M.B.Ch.B., D. Phil., F.A.A.P., Charles Wilder Professor of Pediatrics, Harvard Medical School.

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Dr. Charlotte Cowan is a board certified pediatrician. During her years of active practice at Boston's MassGeneral Hospital for Children, she was also a Clinical Instructor at Harvard Medical School.

While in college at Princeton University, Dr. Cowan majored in English and developed a love of creative writing. She is thrilled to combine her English and medical training by writing stories for children about the illnesses and issues that are so important to them. It is her hope to write a great many stories to entertain, educate and comfort both parent and child.