

Let's Talk About...

Additional Useful Links

Links to fact sheets

- ▶ [The Traffic Light Eating Plan](#)
- ▶ [The Traffic Light Eating Plan \(Spanish\)](#)
- ▶ [Acupressure](#)
- ▶ [Hand and Foot Massage](#)

Links to sites on .net

- ▶ [Asthma \(Intermountain Clinical Programs\)](#)
- ▶ [Managing Your Child's Pain \(Intermountain Clinical Programs\)](#)
- ▶ [Patient and Provider Publications](#)
- ▶ Living and Learning (IHC Clinical Programs)
 - [Living and Learning: A Guide to Breastfeeding](#)
 - [Living and Learning: A Guide to Breastfeeding \(Spanish\)](#)
 - [Living and Learning: A Guide to Caring for Your Newborn](#)
 - [Living and Learning: A Guide to Caring for Your Newborn \(Spanish\)](#)
 - [Living and Learning: A Guide to Caring for Yourself After the Birth of a Baby](#)
 - [Living and Learning: A Guide to Caring for Yourself After the Birth of a Baby \(Spanish\)](#)
- ▶ Mild Traumatic Brain Injuries
 - [Mild Traumatic Brain Injury for Educators](#)
 - [Mild Traumatic Brain Injury for Educators \(Spanish\)](#)

Links to external sites

- ▶ [CPR - American Heart Association, University of Washington](#)
- ▶ [Miami Jr© C-Collar](#)
- ▶ [Retinopathy of Prematurity \(ROP\), National Eye Institute Handout](#)
- ▶ [Retinopathy of Prematurity \(ROP\), National Eye Institute Video Clip](#)