

## Foreword - Smart Parent

This book comes to you from a dynamic duo. No, not Batman and Robin. We're talking about Dr. Jennifer Trachtenberg and The Joint Commission. Dr. Jen is one crazy good pediatrician who is great at helping parents rear healthy kids, but more about her in a moment.

The other half of this team is not a household name, but you should know about The Joint Commission, preferably before your child knocks his head silly, and you need to get to the emergency room in the middle of the night. It's critical to go to the *right* hospital, and that's where The Joint Commission comes into the equation. It is the gatekeeper to safety in hospitals and other health care organizations around the world. The Joint Commission evaluates the care, treatment, and services provided to patients and then *accredits* those organizations that meet its very rigorous standards. Let's just say when you see its seal of approval on a hospital, it means the place and the people who work there have earned your confidence. That's important to you because it means the hospital is going all out to give solid and safe care. This organization really has chops, so trust us when we tell you it's a group that has earned your respect and thanks. That's why we hooked up with The Joint Commission to write *YOU: The Smart Patient* just a few years ago. Like us, The Joint Commission is looking out for you.

Reading about staying healthy can be entertaining. In fact, it's our personal opinion that health books *should* be fun. Dr. Jen and The Joint Commission do a great job of showing

you how to make smart choices about your child's health care without turning the pages into a comic book experience. This *Smart Parent's Guide* will help you figure out, for instance, how to find the right pediatrician for your child. It will make you more comfortable about coping with conditions or, god forbid, disease. It will even give you some pointers on how to keep the TV off and make sure the "fast food" your kids eat is dominated by fruit and veggie slices rather than French fries and chicken wings. Then there's the really serious info, like how to get through a hospital visit without having your kid pick up someone else's germs at the hospital or losing your mind (or their life).

When we were looking for a star pediatrician to be the child expert for RealAge.com, we sought Dr. Jen. That was more than six years ago, and it was one of the best connections we have ever made. We trust her in all matters kidlike, and you should too.

We think you'll like the way she and The Joint Commission approach the topic of kids' health care. Besides seeing a bazillion kids every week as a pediatrician and as a mom to three kids, Dr. Jen is also chief pediatric officer for RealAge.com and the respected author of *Good Kids, Bad Habits*. As the brain trust behind the RealAge.com Parenting Center, she helps parents raise healthy kids through the RealAge Healthy Kids Test. (You'll read more about that inside.) She's our go-to pediatrician for anything that has to do with kids. We not only like her expertise, we really like the way she doctors. She's smart (that word again), caring, and friendly, and that comes across whether you see her in her office with patients or making the rounds on the national morning talk shows.

She keeps it real, and you can relate to her just like her patients and their parents do. She gets it, and makes sure her patient and their parents do, too. She is the Dr. Mom to many.

Some even say she's the modern-day Dr. Spock, but with a dose of your best gal pal next door. In a nutshell, she will help you grow healthy kids.

Dr. Jen and The Joint Commission are by your side for that amazing parenting rollercoaster that is so absolutely wonderful and frustrating and scary and exhilarating. Buckle up and enjoy the ride. And thanks for choosing to be smart about your kids' health.

Michael F. Roizen, M.D., and Mehmet C. Oz, M.D.