

Where to Start

First Steps

01

BLOGS & NEWSLETTERS

Blogs are a great place to get your feet wet! You will discover some of the basics terms and concepts.

02

VIDEOS & PODCASTS

Pour a cup of coffee and find a quiet spot so you can focus...it's time to get into the details.

03

RECOMMENDED READING

Now that you have a better understanding, why not check out a few of our recommended books?

04

MEET WITH YOUR PEDIATRICIAN

Compile your notes and your downloaded resources and meet with your doctor...it's time for action!