



Dr Gray's real parenting & paediatrics

YOUR-ALL-IN-ONE GUIDE FROM TINY TOTS TO TEENS

PROF CLAUDIA GRAY

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"Parents are constantly concerned about the health and well-being of their children – physical, emotional and developmental – and often turn to various resources with conflicting advice. I wanted to create a single, trusted resource that parents can use as their "go to" in sickness and in health."

Claudia is an experienced paediatrician and allergist whose trusted voice has guided many parents and patients in her practice, and more publicly through regular radio and television interviews. She frequently appears on the SABC Espresso Show when guidance is needed on paediatric or allergy matters and has appeared on SABC news as well as eTV news when paediatric opinions are asked for. She is a well-known, regular speaker on radio, having had multiple interviews on Cape Talk, radio 702, Smile FM, radio 2000 and Heart FM. She thoroughly enjoys public speaking and spreading real, scientifically sound information. Claudia gets asked regularly to write in child and baby magazines, where she is known for her practical, compassionate, evidence-based pieces.

On an academic level, she has published over 100 scientific papers both locally and internationally in esteemed journals and regularly presents at scientific meetings. Having trained in the United Kingdom, she is also respected internationally and is currently on several international advisory boards, including the European Forum for Research and Education in Allergy and Airway Diseases, and the European Academy of Allergy and Clinical Immunology's Food Allergy Guidelines Committee.

Most of all, Claudia loves interacting with children and parents to empathetically guide them through times of health and illness, fueled by her strong academic background, personal experience with her own 4 children and over twenty years of experience as a pediatrician.

Finally. A trusted all-in-one handbook on parenting and paediatrics that keeps it real amid the confusing frenzy of information available on Dr Google and AI. Prof Claudia Gray, an experienced paediatrician and mother-of-four, has crafted a book which is scientifically sound, realistic and tried-and-tested. Every stage from birth to adolescence is described with expertise and empathy, peppered with humour and personal experiences.

Packed with practical advice, simple checklists and up-to-date medical info - helping you feel calm, confident and informed.

THIS BOOK COVERS:

- Developmental milestones, nutrition, sleep, routines and health snag-lists for every age group from birth to teens
- Common illnesses and red flags for when to see the doctor
- Allergies
- Screen time guidelines
- Safety guidelines, first aid, commonly used medications
- Mental health matters for children and parents

"Prof Claudia Gray has given parents a lifeline with this guide in a format that is easy to read and understand."

DR NOKUKHANYA KHANYILE-LENAKE
PAEDIATRICIAN AND INFLUENCER

What a fabulous, insightful book and an absolute must read for all new caregivers navigating parenthood! The book blends evidence-based paediatric knowledge with "tried and tested" practical, age-appropriate strategies for raising healthy, resilient kids by this dynamic mom-of-four.

PROFESSOR DEBBIE WHITE
HEAD OF UNIT, PAEDIATRIC PULMONOLOGY,
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