

Recommended Reading

Pregnancy

American Medical Women's Association *Guide to Pregnancy and Childbirth*, 1996.

Kitzinger, Sheila, *The Complete Book of Pregnancy and Childbirth*, revised 1996.

Kitzinger, Sheila, *Pregnancy Day by Day: The Pregnant Mother's Diary, Record Book and Guide*, revised, 2001.

Sears, William, MD, and Martha Sears, *The Pregnancy Book: A Month by Month Guide*, 1997.

Exercise

Noble, Elizabeth, *Essential Exercises for the Childbearing Year*, 4th edition, 1995.

Smith, Kathy, *Pregnancy Workout*, video, 2002

YMCA of the USA with Thomas Hanlon, *Fit for Two: The Official YMCA Prenatal Exercise Guide*, 1995.

Fetal growth and development

Flanagan, Geraldine, *The First Nine Months of Life*, 2nd edition, 1982.

Flanagan, Geraldine, *Beginning Life*, 1996.

Nilsson, Lennart and Lars Hamberger, *A Child is Born: The Completely Revised Edition*, 1993.

Tsiaras, Alexander, and Barry Wertz, *From Conception to Birth: A Life Unfolds*, 2002.

Birth

Bing, Elizabeth, *Six Practical Lessons for an Easier Childbirth*, 1994.

Jones, Carl, *Mind Over Labor*, 1988.

Sears, William, MD, and Martha Sears, *The Birth Book: Everything You Need to Know to Have a Safe and Satisfying Birth*, 1994.

Simkin, Penny, *The Birth Partner: Everything You Need to Know to Help a Woman Through Labor*, second edition, 2001.

Breastfeeding

Eiger, Marvin, MD, and Sally Olds, *The Complete Book of Breastfeeding*, 3rd edition, 1999.

Huggins, Kathleen, *The Nursing Mother's Companion*, 4th edition, 1999.

LaLeche League International, *The Womanly Art of Breastfeeding*, 6th edition, 1997.

Newman, Jack, MD, and Teresa Pitman, *Ultimate Breastfeeding Book of Answers: The Most Comprehensive Problem-Solving Guide to Breastfeeding*, 2000.

Pryor, Gale, *Nursing Mother; Working Mother*, 1997.

Parenting

Faber, Adele and Elaine Mazlish, *Siblings Without Rivalry*, revised 1998.

Jordan, Pamela, Scott Stanley, and Howard Markman, *Becoming Parents: How to Strengthen Your Marriage as Your Family Grows*, 1999.

Preparing for Baby #2

Dunn, Judy, *From One Child to Two*, 1995.

Lanski, Vicky, *Welcoming Your Second Baby*, 1990.

Leonard, Joan, *Twice Blessed: Everything You Need to Know About Having a Second Child*, 2000.

For fathers

Ash, Jennifer and Armin Brott, *The Expectant Father: Facts, Tips, and Advice for Dads-to-Be*, second edition, 2001.

Brot, Armin, *The New Father: A Dad's Guide to the First Year*, 1997.

Goldman, Marcus J., MD, *The Joy of Fatherhood: The First Twelve Months*, expanded, 2000.

Nutrition

- Behan, Ellen, RD, *Eat Well, Lose Weight While Breastfeeding: Complete Nutrition Book for Nursing Mothers*, 1992.
- Brown, Judith, RD, *Nutrition and Pregnancy: A Complete Guide from Preconception to Postdelivery*, 1998.
- Lanski, Vicky, *Taming the C.A.N.D.Y. Monster*, 20th edition, revised 1999.
- Roberts, Susan, RD, *Feeding Your Child for Lifelong Health: Birth Through Age Six*, 1999.
- Satter, Ellyn, RD, *Child of Mine: Feeding With Love and Good Sense*, 2000.
- Satter, Ellyn, RD, *How to Get Your Kid to Eat... But Not Too Much*, 1987.
- Waterhouse, Debra, *Outsmarting the Female Fat Cell- After Pregnancy: Every Woman's Guide to Shaping Up, Sliming Down, and Staying Sane After the Baby*, 2002.

Baby products

- Fields, Denise and Alan Fields, *Baby Bargains: Saving 20% to 50% on Baby Furniture, Equipment, Clothes...*, 4th edition, 2001

Postpartum

- Aiken, Cara, *Surviving Post-Natal Depression: At Home, No One Hears You Scream*, 2000.
- Bennett, Shoshana, and Pec Indman, *Beyond the Blues: A Guide to Understanding and Treating Postpartum Depression*, 2003.
- Boston Women's Health Book Collective, *Our Bodies, Ourselves, For the New Century*, 1998.
- Brazelton, T. Berry, *On Becoming a Family, the Growth of Attachment*, 1992.
- Kleiman, Karen, *The Postpartum Husband: Practical Solutions for Living with Postpartum Depression*, 2000.
- Saavedra, Beth Wilson, *Meditations for New Mothers*, 1991.
- Sebastin, Linda, *Overcoming Postpartum Depression and Anxiety*, 1998.
- Washington, Shirley, and Ann Dunnewold, *The Motherhood Club: Help, Hope, and Inspiration for New Mothers from New Mothers*, 2002
- Weeks, Claire, *Hope and Help for Your Nerves*, 1990.

Infant care and child development

- Ames, Louise Bates, et al., *Your One-Year-Old: The Fussy, Fun-Loving 12-24-Month Old*, revised 1995, and others in this series from the Gesell Institute of Human Development. (These are worth reading.)
- Brazelton, T. Berry, *Touchpoints: Essential Reference*, 1991.
- Ferber, Richard, *Solve Your Child's Sleep Problems*, 1985.
- Fraiberg, Selma, *The Magic Years*, 1996.
- Greenspan, Stanley, MD, and Nancy Greenspan, *First Feelings: Milestones in the Emotional Development of Your Baby and Child*, reprinted 1994.
- Kurchinka, Mary Sheedy, *Raising Your Spirited Child*, 1992.
- Leach, Penelope, MD, *Your Baby and Child from Birth to Age Five*, 3rd edition, 1997.
- Pantell, Fries, and Vickery, *Taking Care of Your Child: A Parents Illustrated Guide to Complete Medical Care*, 6th edition, 2002.
- Sears, William, MD, *Nighttime Parenting: How to Get Your Baby and Child to Sleep*, revised, 1999.
- Sears, William, MD, and Martha Sears, *The Attachment Parenting Book: A Common Sense Guide to Understanding and Nurturing Your Baby*, 2001.
- Sears, William, MD, and Martha Sears, *Parenting the Fussy Baby and High-Need Child*, 1996.
- Shelov, Steven, and Robert Hanneman, eds., *Your Baby's First Year*, 1998.

For children

- Cole, Joanna, *How You Were Born*, revised, 1994.
- Cole, Joanna, and Margaret Miller, *The New Baby at Your House*, 1999.

Davis, Jennifer, *Before You Were Born*, 1997.
Lewison, Wendy, *Our New Baby*, 1998.
Ligon, Susan, *There's a Brand-new Baby at Our House and...I'm the Big Brother (or Sister)*, 2002.
MacGregor, Cynthia, and David Clark, *Why Do We Need Another Baby? Helping Your Child Welcome a New Arrival*, 1996.
Nilsson, Lennart, *How Was I Born?* 1993.
Rogers, Fred, *The New Baby*, reissue, 1985.
Sears, William, MD, Martha Sears, and Christie Watts Kelly, *Baby on the Way*, 2001.

Multiple births

Gromada, Karen K., *Mothering Multiples: Breastfeeding and Caring for Twins or More*, revised 1999.
Luke, Barbara, MD, and Tamara Eberlein, *When You're Expecting Twins, Triplets or Quads: A Complete Resource*, 1999.
Malmstrom, Patricia, and Janet Poland, *The Art of Parenting Twins: The Unique Joys and Challenges of Raising Twins and Other Multiples*, 1999.
Tinglof, Christina Baglivi, *Double Duty: The Parents' Guide to Raising Twins from Pregnancy Through the School Years*, 1998.

Online resources

WIC www.fns.usda.gov/wic

Pregnancy Exposure InfoLine

www.thegenesisfund.org/peh.htm

Other helpful, reliable websites:

www.aap.org
www.activeparenting.com/parents.htm
www.ada.org
www.cbshealthwatch.com
www.cdc.gov
www.healthfinder.gov
www.intelihealth.com
www.kidshealth.org
www.mayoclinic.com
www.medem.com
www.medlineplus.gov
www.mentalhelp.net
www.webmd.com
www.4women.gov

Useful telephone #s

WIC 1-800-WIC-4321 NH toll-free
1-800-WIC-1007 MA toll-free

Pregnancy Exposure InfoLine

1-800-322-5014 (MA toll-free)
1-781-466-8474 (outside MA)

Hours: M-F 9 am – 4 pm