

FAMILY RESOURCE LIBRARY

Pregnancy & Childbirth Bibliography

This is a list of **selected books, DVDs, and pamphlets** available for in-house use in the Antepartum Unit and for loan at the Family Resource Library. (Updated October 2008)

Borrowing privileges are extended free of charge to families, caregivers, community-service providers and other health-care professionals located in British Columbia. The library is open: **Monday to Friday: 10:00 a.m. - 4:00 p.m.**

The library is located across from the elevators and at the top of the main staircase on the 2nd floor (block 11) of the new Ambulatory Care Building at BC Children's Hospital.



If you are staying at the Hospital but are unable to come to the library, we will be happy to deliver resources during our working hours. Resources can also be mailed out for free to any location in BC.

For a complete list of our books and DVDs, please search our online catalogue at <http://www.bcchildrens.ca/FRL>



Questions?

We can be reached by email at famreslib@cw.bc.ca or by phone at **(604) 875-2345 Local 5102**

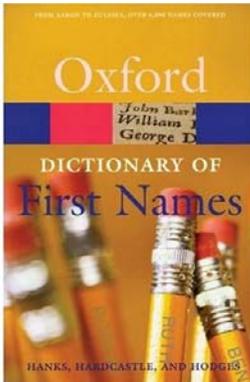
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Pregnancy/Childbirth - General

NEW! **60,000+ best baby names** / Stafford, Diane. -- Naperville, IL: Sourcebooks, 2008. (Book) - AA 20 STA 2008 [FRL]

Abstract: The book includes: over 60,001 names, with meanings, origins, and derivations; the most popular names for boys and girls (and twins!); worksheets for parents to list their favorites; Hollywood's hottest names; ethnic names from around the world



NEW! **Dictionary of first names** / Hanks, Patrick; Hodges, Flavia; Kate, Hardcastle. -- New York, NY: Oxford University Press, 2007. (Book) - AA 20 HAN 2007 [FRL]

Abstract: This book covers over 6,000 names in common use in English, including newly created names and traditional names that have been newly discovered. It provides the age, origin, and meaning of the name, as well as how it has fared in terms of popularity, and notes famous bearers (both historical and fictional). It covers alternative spellings, short forms and pet forms, and masculine and feminine forms, as well as help with pronunciation. The edition featured fully updated appendices covering names in other languages, including Scottish, French, German, Italian, Arabic, and Chinese. New to this edition are appendices of Irish and Welsh names, and tables showing the most popular names by year and region.

Your amazing newborn / Klaus, Marshall; Klaus, Phyllis -- Cambridge, MA: Da Capo Press, (Book) - GK 500 KLA 1998 [FRL]

Abstract: This book includes more than 100 photographs indicating the newborn's abilities to reach and, in the right circumstances, to crawl to the mother's breast and begin to nurse without help. Also described are the six states of the newborn's consciousness: quiet alert, active alert, crying, drowsy, quiet sleep and active sleep. The authors underline the importance of maintaining the sanctity of the first moment of life. A thoughtful chapter on adoption discusses how infants and adoptive parents bond.

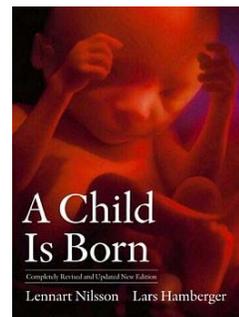
Our bodies, ourselves: Pregnancy and birth -- New York, NY: Simon & Schuster, 2008. (Book) - GH 100 BOS 2008 [FRL]

Abstract: This book addresses questions and needs of women during pregnancy, childbirth, and the "fourth trimester" of early motherhood, including: Choosing a provider and birth setting; Making decisions about prenatal testing; Arranging for continuous labor support; Exploring options for pain relief; Recovering from birth; Adjusting to life as a new mother.

Baby's best chance: Parents' handbook of pregnancy and baby care -- Toronto, ON: MacMillan Canada, (Book) - GH 100 PRO 2005 [FRL]

Abstract: An easy-to-read handbook that answers questions about what you will need to know during pregnancy and the early days at home with your newborn.

A child is born / Nilsson, Lennart; Hamberger, Lars. -- New York, NY: Bantam Dell, 2004. (Book) - GH 100 2004 NIL [FRL; Antepartum]



Abstract: In this latest edition of a classic originally published almost 40 years ago, photographer Nilsson and obstetrician Hamberger explore the miracle of birth, from attraction between a man and a woman to fertilization, pregnancy, labor and delivery; they also discuss infertility and developments in IVF and other treatments.

Complete book of mother and baby care: A parent's practical handbook from conception to three years / Younger-Lewis, Catherine -- London: Dorling Kindersley Limited, (Book) - GK 100 YOU 2001 [FRL]

Abstract: A guide to looking after yourself and your baby--from conception to three years. Prenatal nutrition, exercise, baby care, feeding, sleeping, childhood illness, safety and growth are among the topics in this comprehensive reference.

The complete book of pregnancy & childbirth 4th ed./ Kitzinger, Sheila -- New York, NY: Alfred A. Knopf, (Book) - GH 100 KIT 2005 [FRL; Antepartum]

Abstract: This is a guide to pregnancy and childbirth. It provides information to make decisions about prenatal tests, pain control, and how and where to give birth, with advice on the development of the fetus, body changes, and labor preparation techniques.

The complete guide to everyday risks in pregnancy and breastfeeding: Answers to all your questions about medications, morning sickness, herbs, diseases, chemical exposures and more / Koren, Gideon -- Toronto, ON: Robert Rose Inc. (Book) - GH 100 KOR 2004 [WHC]

Abstract: This book is a guide to the risks of medications, environmental toxins, and herbal remedies taken during pregnancy and breast-feeding.

Couples and pregnancy: Welcome, unwelcome, and in-between / Brothers, Barbara Jo (editor) -- New York, NY: The Haworth Press, Inc. (Book) - CF 350 BRO 1999 [WHC]

Abstract: Gives insight into the profound psychological effects that pregnancy and birth have on a couple's relationship, especially on their experience of intimacy, and examines challenges that confront couples dealing with unwelcome pregnancies.

The pregnancy book: A month-by-month guide / Sears, William; Sears, Martha; Hughey Holt, Linda -- Boston, MA: Little, Brown and Co. (Book) - GH 100 SEA 1997 [FRL]

Abstract: Each of the book's chapters represents a month, and deals with physical and emotional changes, describes the growth of the fetus, and discusses common concerns. The authors also focus on nutrition, exercise, information and support for home births and birthing centers, traveling while pregnant, how to avoid episiotomy, and so on.

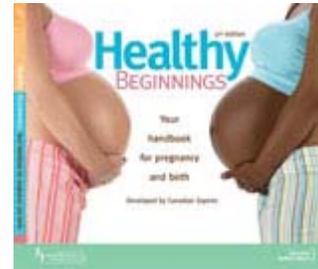
Pregnancy childbirth and the newborn: The complete guide / Simkin, Penny; Whalley, Janet; Kepler, Ann -- [Minnetonka, MN] Meadowbrook Press, (Book) - GH 100 SIM 2001

Abstract: It covers all aspects of childbearing from conception through early infancy. It includes information on what to expect during pregnancy and birth and how to work with caregivers to make childbirth a happy and healthy experience.

What to expect when you're expecting / Eisenberg, A.; Murkoff, H.; Hathaway, S. -- New York, NY: Workman Publishing Company, (Book) - GH 100 EIS 1991 [FRL]

Abstract: The pregnancy guide that reassuringly answers the concerns of mothers- and fathers-to-be from the first planning stages through to the postpartum period.

Healthy beginnings: Your handbook for pregnancy and birth / Schuurmans, Nan; Lalonde, Andre. -- Ottawa, ON: The Society of Obstetricians and Gynaecologists of Canada, 2005. (Book) - GH 100 SCH 2005 [FRL]



Abstract: An illustrated, step-by-step guide to pregnancy and childbirth, from preconception to postnatal care. This is a resource for mothers and caregivers alike, merging up-to-date expert maternal information with an engaging and understandable read.

Pregnancy and birth: A guide to making decisions that are right for you and your baby / Barret, Joyce; Pitman, Teresa. -- Toronto, ON: Key Porter, 2007. (Book) - GH 100 BAR 2007 [FRL; Antepartum]

Abstract: A completely updated, month-by-month guide to making decisions for pregnancy and childbirth. This revised and updated edition offers readers new information on a variety of topics from growing a healthy baby to understanding pre-pregnancy tests. Other subjects include: Pregnancy problems (high blood pressure, discomforts, miscarriage) Giving birth (pain management, labour support) Childbirth challenges (Caesarean sections, VBACs) Your baby's first 48 hours.

Your vegetarian pregnancy: A month-by-month guide to health and nutrition / Roberts, Holly -- New York, NY: Fireside Book, (Book) - GH 260 ROB 2003 [WHC]



Abstract: Combining obstetrical information with nutritional guidance, this guide covers: Basic pregnancy issues, such as fetal development, changes within your body, and preparation for labor and delivery; What to expect each month; Key nutrients for your baby and you, with suggestions on how to obtain these through diet, vitamins, and supplements.

Books for Dads

New! **The birth partner: Everything you need to know to help a woman through childbirth** / Simkin, Penny. -- Boston, MA: Harvard Common, 2001. (Book) - GH 100 SIM 2001b [FRL]

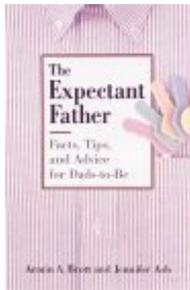
Abstract: A guide for preparing to help a woman through childbirth, from the last few weeks of pregnancy to the early postpartum period. Includes: techniques for easing labor pain; tests and treatments of the fetus and newborn; vaginal birth after cesarean, and more.

Fathering right from the start: Straight talk about pregnancy, birth, and beyond / Heinowitz, Jack -- Novato, CA: New World Library, (Book) - GK 605 HEI 2001 [FRL]

Abstract: The author of "Pregnant Fathers" helps guide men through the life passage of fatherhood, helping them navigate difficult times and participate meaningfully in parenting. Includes exercises, checklists, and firsthand accounts by fathers from all walks of life.

The new father: A dad's guide to the first year / Brott, Armin A. -- New York, NY: Abbeville Press, 2004. (Book) - GK 605 BRO 2004 [FRL]

Abstract: This handbook offers advice and encouragement to help new dads become effective, involved fathers. Illustrated with cartoons that underscore the joys and challenges of parenting, this book includes month to month tips to help new fathers during the baby's first year.



The expectant father: Facts, tips, and advice for dads-to-be / Brott, Armin; Ash, Jennifer -- New York, NY: Abbeville Press, (Book) - GK 605 BRO 2001 [FRL]

Abstract: A handbook to the emotional, financial, and physical changes the father-to-be may experience during the course of his partner's pregnancy.

The father's guide to birth, babies and loud children / Hoehn, Jim -- Los Angeles, CA: Parent's Guide Press, (Book) - GK 600 HOE 2002 [FRL]

Abstract: This humorous but practical guide to new fatherhood combines firsthand anecdotes and experiences with interviews, research, and sound advice. First-time fathers will benefit from the trimester by trimester breakdown of what's happening with mother and baby.

Books for Siblings

NEW! **Mommy has to stay in bed** / Rivlin-gutman, Annette; Lemaire, Bonnie and Stamey, Shannon (illustrators) -- Charleston, SC: Booksurge Publishing, 2006. (Book) - JUNIOR EF 860.5 RIV 2006 [FRL]

Abstract: This book is for young children who are faced with the trauma of having a parent on bed rest. In this story, mother and daughter find ways to cope with feelings of frustration and boredom. Whether the parent is pregnant, has the flu, or is on long-term bed rest, the book brings the brighter side of spending time together in spite of a challenging situation.

Baby on the way / Sears, Martha; Watts Kelly, Christie; Adriani, Renee -- New Jersey, NY: Little, Brown and Co. (Book) - JUNIOR GH 100 SEA 2001 [FRL]

Abstract: This title provides information for young children expecting a new brother and sister, guiding them through the waiting process.

What baby needs / Sears, Martha; Watts Kelly, Christie; Adriani, Renee -- Vancouver, BC: Little, Brown and Co. (Book) - JUNIOR GH 100 SEA 2001b [FRL]

Abstract: This book tells soon-to-be older siblings about a new baby's needs and demands and suggests ways that they can participate in the new baby's care.

Waiting for the new baby / Graham, Bob -- Martinez, CA: Discovery Toys, Inc. (Book) - JUNIOR GH 100 GRA 1989 [FRL]

Abstract: The new baby is on its way; Wendy and Edward know, because Mom wears dresses as big as tents and Dad is busy ironing tiny clothes. They also know that babies need attention, but what are the surprises in store for them?



Baby on board / Gray, Kes; Nayler, Sarah (illustrator) -- London, UK: Hodder Children's Books, (Book) - JUNIOR GH 100 GRA 2003b [FRL]

Abstract: A picture book that tells about the developing baby and what the family goes through during pregnancy in a humorous way.

How are babies made? / Smith, Alastair; Wheatley, Maria (Illustrator) -- London, UK: Usborne Publishing Ltd. (Book) - JUNIOR GH 05 SMI 1997 [FRL]

Abstract: Explains pregnancy and the development of the baby to children through illustration and simple language. Also describes a mother's experience of pregnancy (nausea, fatigue, etc.).

Mommy, did I grow in your tummy? Where some babies come from / Gordon, Elaine R.; Clo, Kathy (illustrator) -- Santa Monica, CA: EM Greenberg Press, (Book) - JUNIOR GE 300 GOR 1992 [FRL]

Abstract: A book that explains how a family comes about or grows in size. It illustrates the aspects of the alternative methods in which families can develop.

Babies: Understanding conception, birth and the first years / Gee, Robyn -- Saffron Hill, London: Usborne Publishing Ltd, (Book) - JUNIOR GH 05 GEE 1997 [FRL]

Abstract: This book traces the growth and development of a baby from conception to birth and during the first years of life. The effects of pregnancy on the mother's body are described in full, along with practical information on how to help look after a baby. For children 8-12.

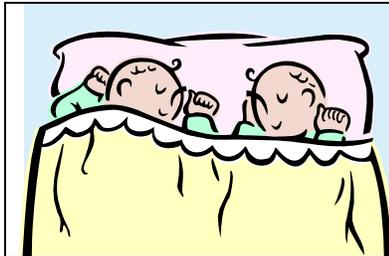
Baby (What's Inside?) / Parsons, Alexandra -- London, UK: Dorling Kindersley, (Book) - JUNIOR GH 05 PAR 1992 [FRL]

Abstract: Designed to help young children understand the fascinating ways different babies develop, how a child grows inside its mother, how a baby sea horse is born, and what is inside a bird's egg. It is a book for a parent and child to read and discuss together.

50,001 best baby names / Stafford, Diane. -- naperville, IL: sourcebooks, 2004. (Book) - AA 20 STA 2004 [FRL]

Abstract: Includes not only all of Hollywood's latest picks and modern trends in baby-naming, but also thousands of classic and traditional names that even grandma will approve of.

Multiple Births



Ready or not, there we go! The real experts' guide to the toddler years with twins / Lyons, Elizabeth -- [Chicago, IL] Finn-Phyllis, (Book) - GH 120 LYO 2006 [FRL; Antepartum]

Abstract: A guide to the toddler years with twins.

The art of parenting twins: The unique joys and challenges of raising twins and other multiples / Malmstrom, Patricia Maxwell; Poland, Janet -- New York, NY: The Ballentine Publishing Group, (Book) - GK 602 MAL 1999 [FRL]

Abstract: Covers the biology and causes of twinning; the emotional terrain of parenting multiples; the differences between twin and single pregnancy; twin development in babyhood, toddler-hood, the preschool and school-age years, and adolescence; and twins' relationships with each other from babyhood to adulthood.

Having twins and more: A parent's guide to pregnancy, birth, and early childhood / Noble, Elizabeth; Sorger, Leo -- Boston, MA: Houghton Mifflin, (Book) - GK 602 NOB 2003 [FRL]

Abstract: A parent's guide to pregnancy, birth, and early childhood of multiples. It serves as a guide for achieving the maximum comfort and health for women having multiples - from conception through early childhood. The reader should consult her physician before beginning any regimen described in this book.

The joy of twins and other multiple births: Having, raising, and loving babies who arrive in groups / Novotny, Pamela Patrick -- New York, NY: Crown Publishers Inc. (Book) - GK 602 NOV 1994 [FRL]

Abstract: Covers aspects of parenting multiples after pregnancy. Discusses the transitions both parents and babies experience; how to take care of yourself so you can take care of the babies; development in multiples, and how multiples realize individuality.

When you're expecting twins, triplets, or quads: Proven guidelines for a healthy multiple pregnancy / Luke, Barbara; Eberlein, Tamara -- New York, NY: HarperResource, (Book) - GH 120 LUK 2004 [FRL]

Abstract: A revised and updated edition of the practical guide to multiple births describes what to expect during a multiple-child pregnancy, and covers such topics as doctor selection, nutrition, exercise, fetal development, and signs of preterm labor or other complications, with fifty new nutritious recipes to help mothers optimize the birth weight of their infants.

Keys to parenting multiples / Gromada, Karen Kerkhoff; Hurlburt, Mary C. -- Hauppauge, NY: Barron's Educational Series, (Book) - GK 602 GRO 2001 [FRL]

Abstract: The authors present guidelines for nurturing multiples from pregnancy through adolescence. Advice includes questions Moms should ask the obstetrician, making family adjustments to accommodate the new arrivals, infant feeding, and individuality issues as they grow.

Meet the twins / Bokforlag, Sandviks -- New York, NY: Penguin Putnam, Inc. (Book) - JUNIOR GK 602 BOK 1996 [FRL]

Abstract: A children's board book that briefly explains the concept of twins, Pays careful attention to pointing out the individuality of each twin, emphasizing that each twin is a different person.

Mothering twins: From hearing the news to beyond the terrible twos / Albi, Linda -- New York, NY: Simon & Schuster, (Book) - GK 602 ALB 1993 [FRL]

Abstract: Explores the rewards and challenges of raising twins, discussing pregnancy, birth, early childhood, and problems and situations unique to caring for twins

The multiple pregnancy sourcebook: Pregnancy and the first days with twins, triplets, and more / Bowers, Nancy -- Chicago, IL: Contemporary Books, (Book) - GH 120 BOW 2001 [FRL]

Abstract: This book covers the same material as any pregnancy guide, and in approximately the same order. Starting with proper nutrition and continuing through the standard routines of visits and testing, it finishes up with the actual labor, postnatal care, and a walk-through of those first few days at home. Because all this information is aimed specifically at multiple pregnancies, there is also information about specific subjects like selective reduction, bed rest, and the chances of having at least one baby delivered by cesarean section.



Twins, triplets and more! Resource guide for multiple pregnancy and parenthood / Leonard, Linda G. -- Vancouver, BC: University of British Columbia, (Book) - GH 120 LEO 2005 [FRL]

Abstract: This resource guide is designed for multiple birth families living in Canada, particularly those in British Columbia and the Lower Mainland. Includes information on: Multiple birth statistics; nutrition and multiple pregnancies; pregnancy at-home care programs; Safety; Telephone support & BC Nurseline and many other resources.

Premature Babies

NEW! **Infant massage guidebook: For well, premature, and special needs babies** / Ady, Mary. -- Bloomington, IL: Authorhouse, 2008. (Book) - GK 500 ADY 2008 [FRL]

Abstract: This book outlines the benefits of infant massage which include not only the promotion of sounder, longer sleeping patterns, but present a baby with a more overall comforted and soothed disposition. The author breaks down the main components and

functions of each body system, addressing not only healthy newborns, but also over 50 of the most common conditions, disorders and diseases affecting newborns. Concluding each body system with its correlating benefits of infant massage, you will really learn exactly how infant massage affects every system. Each ailment is also internet-linked, giving the reader more opportunity for further research as well as support. Also includes: aromatherapy guide for babies and toddlers; post-partum exercise; resource guide for new & expecting parents.

Caring for your premature baby: Complete resource for parents / Klein, Alan H.; Ganon, Jill Alison -- New York, NY: HarperCollins Publishers, Inc. (Book) - GK 520 KLE 1998 [FRL]

Abstract: Information on how to cope with the complex emotions that may accompany an early birth, learn how to be an active participant in the neonatal unit, and understand medical complications and possible treatments.

Developmental care of the premature baby / Young, Jeanine -- London, UK: Bailliere-Tindall, (Book) - GK 520 YOU 1996 [FRL]

Abstract: Observations of nurses and doctors who care for preterm infants. Focuses on those issues that affect development such as lighting, noise, handling, massage.

A fragile beginning: Parenting your early baby -- Minneapolis, MN: Abbott Northwestern Hospital, (Book) - GK 520 ABB 1993 [FRL]

Abstract: Small booklet which covers topics associated with a premature birth such as parents' emotions, a father's perspective, visiting the New Born Intensive Care Unit, what parents can do, dealing with loss, older siblings and moving forward.



Growing Sophia: The story of a premature birth / Barsuhn, Rochelle D. -- Saint Paul, MN: A Place To Remember, (Book) - GK 520 BAR 1996 [FRL]

Abstract: Story of baby born at 24 weeks gestation. Vignettes with headings such as Grief, Guilt, Affection, Patience, Breastfeeding, Touch, Machines, and Hope depict the parents' experiences. Included are suggestions for coping, a glossary of common terms, and a resource list.

Preemies: The essential guide for parents of premature babies / Linden, Dana Wechsler; Paroli, Emma Trenti; Doron, Mia Weschler -- New York, NY: Pocket Books, (Book) - GK 520 LIN 2000 [FRL]

Abstract: Divided into four sections (Before Birth, In the Hospital, A Life Together and Other Considerations), the book covers risk factors, the first day, the first week, surgery, taking the baby home and many other topics. Each section contains personal observations from parents of preemies, insightful comments from "the doctor's perspective" and information on procedures, equipment, common problems and other issues.

The premature baby book: Everything you need to know about your premature baby from birth to age one / Sears, William ... [et al.] -- New York, NY: Little, Brown, (Book) - GK 520 SEA 2004 [FRL; Antepartum]

Abstract: This book explains why babies are born prematurely, what the ramifications of such births are and what parents can do about it. The authors address issues such as parenting a preemie in the hospital and at home, breastfeeding, bottle-feeding, common concerns during the first year, and medical challenges for the premature baby.

Homecoming for babies after the intensive care nursery: A guide for parents in supporting their baby's early development / Hanson, Marci J.; Vandenberg, Kathleen A. -- Austin, TX: PRO-ED, Inc. (Book) - GK 520 HAN 1993 [FRL]

Abstract: The transition from hospital to home, baby's hospital experience and recovery needs, importance of parent's relationship with babies, developmental expectations, community resources for children with special needs.

Kangaroo care: The best you can do to help your preterm infant / Ludington, Susan; Golant, Susan -- New York, NY: Bantam, (Book) - GK 520 LUD 1993 [FRL]

Abstract: This book explains Kangaroo Care, a method of care for premature newborn babies. Kangaroo Care is skin-to-skin holding of the infant up against the mother's chest.

Newborn intensive care: What every parent needs to know / Zaichkin, Jeanette -- Santa Rosa, CA: Nicu Ink Book Publishers, (Book) - GK 520 ZAI 2002 [FRL]

Abstract: A reference manual for parents with or expecting a premature infant. This book covers such topics as: Expecting the Unexpected; NICU Players: Working with the Team; Parenting in the NICU; Typical Problems of Preterm Babies and Other Sick Newborns; Home at Last. Appendices include: Weights & Measures; Medications and Your Baby; Car Seat Safety; Parent Resources; and CPR.

Parenting in a Special Care Nursery: Family Education Booklets / SCN Feeding Committee, Newborn Care Program -- Vancouver, BC: B.C.'s Children's Hospital, (Book) - GK 520 BCCH 1998 [FRL]

Abstract: Compilation includes: 1) Sleeping and Waking; 2) Baby Talk: Supporting My Development; 3) Skin-to-Skin Cuddling; and 4) Getting Started: Breastfeeding Your Premature Baby.



The preemie parents' companion: The essential guide to caring for your premature baby in the hospital, at home, and through the first years / Madden, Susan L. -- Boston, MA: The Harvard Common Press, (Book) - GK 520 MAD 2000 [FRL]

Abstract: This text discusses how to be informed partners with the healthcare team in the newborn intensive care unit, coping with medical complications and their treatment, ways to hold a preemie, how to interpret a preemie's body language, follow-up visits with the doctor, and more. Includes real-life stories from parents of preemies, easy-to-understand summaries of research on preterm children, and day-by-day, month-by-month guidance.

Your premature baby: The first five years / Bradford, Nikki -- Toronto, ON: Firefly Books, (Book) - GK 520 BRA 2003 [FRL]

Abstract: This book provides guidance and offers support for the caring of premature babies from their birth through the first five years. Details how premature birth affects a baby, explains hospital procedures, treatments, and equipment, describes and evaluates potential medical problems, gives advice to parents on how to cope emotionally, and discusses the latest research.

Your premature baby: Everything you need to know about childbirth, treatment, and parenting / Manginello, Frank P.; DiGeronimo, Theresa Foy -- New York, NY: John Wiley & Sons, Inc. (Book) - GK 520 MAN 1998 [FRL]

Abstract: This guide covers both emotional and financial issues, as well as information on procedures, equipment, medications, important medical terms and resources for new parents.

Preemie parents: Recovering from baby's premature birth / McDermott-Perez, Lisa. -- Westport, CT: Praeger, 2007. (Book) - GK 520 MCD 2007 [FRL]

Abstract: Describes steps parents can take at every stage of the preemie experience, including preparing for the possibility a birth will be pre-term, coping strategies for immediately after the birth, understanding the needs of the "unfinished baby," and more.

Meditation CD's



NEW! **Imagery and meditations for support during your first trimester** / Bloome, Jennifer. -- Eagan, MN: Anji Inc. 2002. (CD ROM) - GH 100 BLO 2002a [FRL]

Abstract: Enhance your pregnancy experience, foster a deeper connection with your baby, and prepare for upcoming motherhood. Each exercise contains a general relaxation exercise, scientifically accurate imagery of your baby's development, a chance to "check-in" with how you are feeling both physically and emotionally, and a short meditation specific to your month of pregnancy. Track 1: First month (weeks 1-6); Track 2: Second month (weeks 7-10); Track 3: Third month (weeks 11-14).

NEW! **Imagery and Meditations for support during your Second Trimester** / Bloome, Jennifer. -- Eagan, MN: Anji Inc. 2002. (CD ROM) - GH 100 BLO 2002b [FRL]

Abstract: Enhance your pregnancy, foster a deeper connection with your baby, and prepare for upcoming motherhood. Each exercise contains a general relaxation exercise, scientifically accurate imagery of your baby's development, a chance to "check-in" with how you are feeling both physically and emotionally, and a short meditation specific to your month of pregnancy. Track 1: Fourth month (weeks 15-19); Track 2: Fifth month (weeks 20-23); Track 3: Sixth month (weeks 24-28).

NEW! **Imagery and meditations for support during your third trimester** / Bloome, Jennifer. -- Eagan, MN: Anji Inc. 2002. (CD ROM) - GH 100 BLO 2002c [FRL]

Abstract: Enhance your pregnancy experience, foster a deeper connection with your baby, and prepare for upcoming motherhood. Each exercise contains a general relaxation exercise, scientifically accurate imagery of your baby's development, a chance to "check-in" with how you are feeling both physically and emotionally, and a short meditation specific to your month of pregnancy. Track 1: Seventh month (weeks 29-32); Track 2: Eighth month (weeks 33-36); Track 3: Ninth month (weeks 37-birth).

NEW! **Imagery and meditations to support preparation for a cesarean birth** / Bloome, Jennifer. -- Eagan, MN: Anji Inc. 2002. (CD ROM) - GH 100 BLO 2002d [FRL]

Abstract: Prepare for a planned Cesarean Birth by emphasizing the health benefits for you and your baby, focusing on the birth of your baby, gaining knowledge about the surgery itself and healing afterwards, and building a connection with your baby. Track 1: Imagery for cesarean birth; Track 2: Progressive muscle relaxation; Track 3: White light.

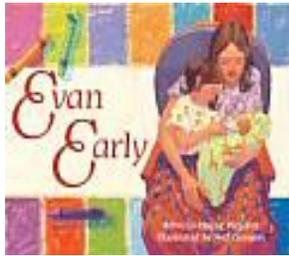
NEW! **Imagery and meditations in preparation for a VBAC (Vaginal Birth after Cesarean)** / Bloome, Jennifer. -- Eagan, MN: Anji Inc. 2002. (CD ROM) - GH 100 BLO 2002e[FRL]

Abstract: Prepare both physically and mentally for a vaginal birth after cesarean. Gain confidence in your body's ability to birth vaginally, gain knowledge about how labour should progress, and enhance your connection with your baby. Learn specific techniques to relax your entire body during labour. Track 1: Imagery for V.B.A.C. preparation; Track 2: Progressive muscle relaxation; Track 3: White light.

NEW! **Imagery and meditations for support during bed rest or pre-term labor** / Bloome, Jennifer. -- Eagan, MN: Anji Inc. 2004. (CD ROM) - GH 300 BLO 2004 [FRL]

Abstract: Using relaxation techniques for 20 minutes a day has been significantly proven to increase pregnancy length and weight of an infant with moms who are experiencing pre-term labor. This recording mixes scientifically accurate image and metaphoric imagery to bring about the relaxation response. Track 1: Imagery for bed rest or pre-term labor; Track 2: White light general relaxation; Track 3: Favorite place relaxation.

Siblings & Premature Babies



NEW! **Evan Early** / Wojahn, Rebecca Hogue; Gannon, Edward B. (illustrator) -- Bethesda, MD: Woodbine House, 2006. (Book) - JUNIOR GK 520 HOG 2006 [FRL]

Abstract: When Natalie's little brother Evan Earl is born prematurely, he's earns the nickname Evan Early. No one can say for sure when Evan will come home from the hospital. To help her with this uncertainty, Natalie's father gives her a calendar to keep track of the days - each day that Natalie colors in is one day closer to the day Evan can come home. Natalie visits Evan in the Neonatal Intensive Care Unit (NICU) and talks to the nurses about what they do, and her Mom explains how the tubes and machines are helping Evan to breathe and eat. As the days go by and become 'rainbow weeks' on Natalie's coloring calendar, she gets lonely and a little scared; her parents spend most of their time with Evan in the NICU. She finally gets upset by their neglect. Her Mom reassures her that they haven't forgotten about her. Over time, Natalie learns that, although her brother might always need special help and lots of attention, she can be a big help and teach him family traditions.

Born early: A premature baby's story / Lafferty, Lida; Flood, Bo; Young, Rebecca -- Minneapolis, MN: Fairview Press, (Book) - JUNIOR GK 520 LAF [FRL]

Abstract: For prematurely born children who want to know more about the circumstances around their own birth. Also for other children, adults, teachers, and specialists who want to learn about the sensitive issues of premature babies.

Rosie and tortoise / Wild, Margaret; Brooks, Ron (Illustrator) -- New York, NY: DK Publishing, Inc. (Book) - JUNIOR GK 520 WIL 1999 [FRL]

Abstract: Rosie the hare is afraid to hold her premature baby brother because he seems so fragile - until her father tells her a special story about a tortoise and a hare.

Waiting for baby Joe / Collins, Pat Lowery; Dunn, Joan Whinham (Photographer) -- Niles, IL: Albert Whitman & Company, (Book) - JUNIOR GK 520 LOW 1990 [FRL]

Abstract: Text and photographs describe what happens when Missy's brother, Joe, is born prematurely and needs special care in the hospital, disrupting family routines and causing Missy to feel confused and left out.

World of Bonnie & Connie: Drawing collections from age 3-5 / Lee, Po-Man; Ma, Lai-Fong -- Causeway Bay, Hong Kong: Po-Man Lee, (Book) - JUNIOR GK 525 LEE 1997 [FRL]

Abstract: Personal story from parents of premature twins and the difficulties they encountered on a day-to-day basis. Lots of drawings from the twins, age 3-5. Chinese/English language.

Postnatal Care

Abstract: Every aspect of newborn care is provided, with many examples of how to approach the daily tasks involved with caring for an infant. Also addresses both infant and maternal health after leaving the hospital.

NEW! **Canada's baby care book: A complete guide from birth to 12-months old** / Friedman, Jeremy; Saunders, Norman. -- Toronto, ON: Robert Rose, 2007. (Book) - GK 100 FRI 2007 [FRL]

Abstract: Written in an easy-to-understand style, the book provides information for parents about baby's birth, the first few days, growth and development, feeding, sleeping, playing and more. Includes: over 250 colour photos; guide to caring for common health conditions; frequently asked questions; childproofing safety requirements and first aid instructions.

NEW! **Infant massage: A handbook for loving parents** / McClure, Vimala. -- New York, NY: Bantam Books, 2000. (Book) - GK 500 MCC 2000a [FRL]

Abstract: This complete guide to the health and emotional benefits of infant massage shares how massage benefits children — easing discomfort, releasing tension, helping premature infants gain weight, even helping asthmatic children improve breathing function. Each step of the massage process is explained with simple easy-to-follow instructions and photographs demonstrating each stroke. You'll also find: Specific routines tailored to help relieve colic, fever, chest and nasal congestion; Modified instructions for premature infants and babies with special needs; Helpful hints on dealing with crying and fussing; Lullabies, rhymes, and games to enhance the massage experience.

NEW! **Baby sleep book: The complete guide to a good night's rest for the whole family** / Sears, William et al. -- New York, NY: Little, Brown and Company, 2005. (Book) - FM 900 SEA 2005 [FRL]

Abstract: Explains how to create a sleep plan for the restless infant or toddler, which suits the needs of your entire family. With a focus on the practical tools and techniques that can be used in a wide variety of sleep situations, this book covers such topics as: the facts of infant sleep vs. adult sleep, figuring out where, when, and how your child sleeps best, fail-safe methods for soothing a crying infant, how to make night nursing easier, and how to stop, nighttime fathering tips, whether co-sleeping makes sense for you, nap-time strategies that work, medical and physical causes of night waking, sleep habits in special situations such as traveling, teething, and illness.

NEW! **Better sleep for your baby and child: a parent's step-by-step guide to healthy sleep habits** / Weiss, Shelly K. et al. -- Toronto, ON: Robert Rose Inc. 2006. (Book) - FM 900 WEI 2006 [FRL]

Abstract: A guide for expectant parents wanting to prevent childhood sleep problems and parents currently dealing with their child's sleep difficulties. Topics include: childhood insomnia (sleeplessness), nocturnal eating (drinking) syndrome, sleep-onset association disorder, limit-setting disorder, circadian rhythm sleep disorders (delayed and advanced sleep phase syndrome), excessive crying, confusional arousals, night terrors, sleepwalking, nightmares and nighttime anxiety, snoring, apnea, hypoventilation, bed-wetting (enuresis), restless legs syndrome, teeth grinding and gnashing (bruxism), rhythmic movement disorder, narcolepsy, teenage sleeplessness, sleep during pregnancy.

Bringing baby home: From birth to six months: a how to guide for new parents Liandrea Productions Inc. (DVD) - GH 400 LIA 2005 [FRL]

Abstract: This DVD covers baby basics, hygiene and sleep, post-partum care and common concerns, coping, and advice for couples.



First days home: Keeping your baby healthy and happy
-- Newark, NJ: Current, (DVD) - GH 400 FIR 2002 [FRL]

Abstract: This DVD covers baby's appearance, breastfeeding and formula, sleeping, crying, bathing, diapering, health and safety for baby, mom's recovery (hemorrhoids, discharges, and other fun stuff), and family relations.

The post-pregnancy handbook: The only book that tells what the first year is really all about--physically, emotionally, sexually / Brown, Sylvia; Struck, Mary Dowd; Schaeffer, Christiane -- New York, NY: St. Martin's Griffin, (Book) - GH 400 BRO 2003 [WHC]

Abstract: This book includes discussion of the physical, emotional, and social issues commonly associated with the first year of life after giving birth.

Fit to deliver: An innovative prenatal and postpartum fitness program / Nordahl, Karen M.; Petersen, Carl; Minges Jeffreys, Renee -- Vancouver, BC: Hartley & Marks Publishers Inc. (Book) - GH 270 NOR 2005 [FRL]

Abstract: Fit to Deliver is prenatal and postpartum exercise program for beginning, intermediate, and advanced fitness levels.

The no-cry sleep solution: Gentle ways to help your baby sleep through the night / Pantley, Elizabeth. -- Toronto, ON: McGraw-Hill, 2002. (Book) - FM 900 PAN 2002 [FRL]

Abstract: This book offers ideas to help your baby fall asleep peacefully.

Sleep solutions for your baby, toddler and preschooler / Douglas, Ann. -- Mississauga, ON: Wiley, 2006. (Book) - FM 900 DOU 2006 [FRL]

Abstract: This book provides with tools to come up with a customized sleep solution that takes into account a child's temperament and the parents' parenting philosophy.

Happiest baby on the block: The new way to calm crying and help your baby sleep longer / Karp, Harvey Montee, Nina (Producer) -- [United States] Starlight Home Entertainment, Inc. 2002. (DVD) - FM 900 KAR 2002b [FRL]

A pediatrician and child development expert, Dr. Karp offers a new method to calm and soothe crying infants. The author also explains: What is colic? Why do most babies get much more upset in the evening? How can a parent calm a baby--in mere minutes? Can babies be spoiled? When should a parent of a crying baby call the doctor? How can a parent get their baby to sleep a few hours longer?

Baby massage: Newborns, infants, and toddlers / Lowell, David; Hejsek, Lauren. -- [Valdosta, GA] Television School of Massage Therapy, 2003. (DVD) - GK 500 LOW 2003 [FRL]

Abstract: This DVD emphasizes the importance of massage for babies because of the therapeutic effects it provides. It shows techniques and takes the viewer through step-by-step instructions by breaking down the massage process into easy-to-follow directions.

Breastfeeding

NEW! **Oh yes you can breastfeed twins! ...plus more tips for simplifying life with twins** / Rudat, April. . -- Moscow, PA: April Rudat, Registered Dietitian, 2007. (Book) - GK 560 RUD 2007 [FRL]

Abstract: The author, a registered dietitian and successful breastfeeding mother of twins, presents a handbook of tips for moms who want to breastfeed multiples.

NEW! **Better breastfeeding: A mother's guide to feeding and nutrition** / Kalnins, Daina.; Stone, Debbie.; Trouw, Joyce. . -- Toronto, ON: Robert Rose, Inc. 2007. (Book) - GK 560 KAL 2007 [FRL]

Abstract: Written by a registered dietitian and two registered nurse lactation specialists from a major hospital, this book covers the concerns, problems and issues of breastfeeding in a friendly, informative way. Includes 125 recipes to help a mother maintain her nutrition.

NEW! **Breastfeeding Answer Book** / Mohrbacher, Nancy; Stock, Julie. -- Schaumburg, IL: La Leche League International, 2003. (Book) - REF GK 650 MOH 2003 [FRL]

Abstract: From descriptions of how the breast works to nursing multiple babies and weaning to various drug interactions, this is a complete resource guide to breastfeeding and has proven necessary for those who want to help mothers breastfeed. Complete information on pumps and other products, new milk storage guidelines, and a new approach to newborn jaundice make this edition an indispensable resource for all who counsel breastfeeding mothers.

BC Women's donor milk bank -- Vancouver, BC: BC Women's Hospital, (Pamphlet) - BCW 800

Abstract: Information about the BC Women's Hospital's milk bank which provides pasteurized donor milk to babies in need.

Bestfeeding: How to breastfeed your baby / Renfrew, Mary; Fisher, Chloe; Arms, Suzanne -- Berkeley, CA: Celestial Arts, (Book) - GK 560 REN 2004 [FRL; Antepartum]

Abstract: This is an illustrated guide to the basics of breastfeeding your baby. Topics include: the benefits of breastfeeding for both mother and baby; posture and positions; medical and dietary concerns; and causes and solutions to numerous breastfeeding problems.

Breast massage and expression of colostrum/breast milk -- Vancouver, BC: Children's & Women's Health Centre of BC, (Pamphlet) - CW 502

Abstract: These easy steps explain how to massage and hand express breasts.

Breastfeeding special care babies / Lang, Sandra -- London, UK: Bailliere Tindal, (Book) - GK 560 LAN 1997 [FRL]

Abstract: A comprehensive and practical guide to all aspects of breastfeeding babies with special care needs. The author covers the basics of breastfeeding and lactation, positioning and attachment, milk supply, expression and storage, the impact of common drugs, alternative methods of feeding, as well as breast conditions and problems. Particular attention is paid to feeding the vulnerable baby, with the discussion including tongue tie, cleft lip and/or palate, Bell's palsy, multiple births, preterm baby, ventilation, jaundice, thrush, HIV and the unsettled baby. Also contains information about resources that support breastfeeding.

Breastfeeding your baby -- Vancouver, BC: Children's & Women's Health Centre of BC, (Pamphlet) - BCW 732

Abstract: This electronic resource addresses advantages of breastfeeding, and common breastfeeding problems.



Child health fact sheets: Cambodian publications -- Melbourne, Australia: Office for Children, Department of Human Services, (Website)

Child health fact sheets: Cantonese (Chinese) publications -- Melbourne, Australia: Office for Children, Department of Human Services, (Website)

Child health fact sheets: Vietnamese publications -- Melbourne, Australia: Office for Children, Department of Human Services, (Website)

Abstract: General information in different languages including topics such as: Breastfeeding; Breastfeeding Facts for Fathers; Care of Your Child in Hot Weather; Care of Your Child's Teeth; Croup and Bronchiolitis; and Fever.

The complete guide to everyday risks in pregnancy and breastfeeding: Answers to all your questions about medications, morning sickness, herbs, diseases, chemical exposures and more / Koren, Gideon -- Toronto, ON: Robert Rose Inc. (Book) - GH 100 KOR 2004 [WHC]

Abstract: This book is a guide to the risks of medications, environmental toxins, and herbal remedies taken during pregnancy and breastfeeding. Some of the topics covered: Tests for determining risks before conception, during pregnancy and after birth; Charts and scores of answers to frequently asked questions; Charts of safe/unsafe medications, chemicals, vitamins, herbs and foods; Practical advice for treating illnesses, avoiding exposure to toxic chemicals, and eating safely.

Getting started: Breastfeeding your premature baby -- Vancouver, BC: Children's & Women's Health Center of BC, 2003. (Book) - GK 560 SPE 2003 [FRL]

Abstract: An easy guide to breastfeeding one's premature baby. Gives instruction on learning to latch on, body position, sucking at the breast and much more.

Helpful hints: For starting and keeping up your breast milk supply when your baby is not breastfeeding-- Vancouver, BC: Children's & Women's Health Centre of BC, (Pamphlet) - CW 525

Abstract: Information on how to start and keep up breast milk supply when a baby is not breastfeeding.

Nursing mother, working mother: The essential guide for breastfeeding and staying close to your baby after you return to work, 2nd ed. / Pryor, Gale -- Boston, MA: Harvard Common Press, (Book) - GK 560 PRY 2006 [FRL]

Abstract: Shows how a working woman can maintain breastfeeding her child when she returns to work. Chapter titles include: Bonding, breastfeeding and the working mother; Why breastfeeding is important for you and your baby; Breastfeeding basics; Life on leave: The fourth trimester; Preparing to go back to work; Your return to the outside world; and Changing the world one nursing mother at a time.



Nursing your baby / Pryor, Karen; Pryor, Gale -- New York, NY: Pocket Books, (Book) - GK 560 PRY 1991 [FRL]

Abstract: Information on the physical and emotional benefits of breastfeeding, as well as: strategies for working mothers, diet and nutrition, and the effects of caffeine, alcohol and drugs on breastfeeding.

Successful breastfeeding -- London, UK: Churchill Livingstone, (Book) - GK 560 ROY 2002 [FRL]

Abstract: This book intends to help midwives and other health professionals provide more effective advice and support for the breastfeeding women in their care. It offers guidelines to answer such questions as: Why breastfeed? How does a baby breastfeed? How long and how often should feeds occur? What is the correct positioning and attachment of the baby? What factors are helpful or unhelpful in breastfeeding? What other antenatal and postnatal considerations are there? What if there are problems or special circumstances?

Where to rent breast pumps in British Columbia -- Vancouver, BC: Children's & Women's Health Centre of BC, (Pamphlet) - CW 583



The womanly art of breastfeeding 7th ed. / Torgus, Judy; Gotsch, Gwen (editors) -- Schaumburg, IL: La Leche League International, (Book) - GK 560 TOR 2004 [FRL; Antepartum]

Abstract: Contains the latest scientific research on the health benefits of breastfeeding and offers support, encouragement and guidance to new parents. It covers: how to prepare for breastfeeding during pregnancy, the effects on newborns of medications used during labour and delivery, how to maintain an ample milk supply, how to pump and store human milk, how to recognize and overcome common breastfeeding problems; breastfeeding a baby with special needs; and other valuable information.

Infant Feeding

Baby gourmet: The first course -- Williamsburg, VA: Baby Gourmet, LLC, (DVD) - JUNIOR BB 200 YUM 2002 c.1 [FRL]

Abstract: "The First Course" introduces infants and young toddlers to fruits and vegetables in their natural state -- in trees, vines, bushes, and even in the ground! Babies love watching other babies (and animals, too!) explore and taste nature's food. All senses are stimulated when watching fruits and vegetables gracefully dance to enchanting classical masterpieces and nursery rhymes. A delightful cherry harvest segment will educate and entrance parents and children, alike!

The baby's table: Over 100 easy, healthy and homemade recipes for the pickiest, most deserving eaters on the planet / Bradshaw, Brenda; Bramley, Lauren Donaldson -- [Toronto, ON] Random House of Canada, (Book) - BB 200 BRA 2004 [FRL]

Abstract: Has nutritional information, cooking tips, and more than 100 simple and tasty recipes.

Better baby food: Your essential guide to nutrition, feeding and cooking for all babies and toddlers / Kalnins, Daina; Saab, Joanne -- Toronto, ON: Robert Rose Inc. (Book) - BB 200 KAL 2001 [FRL]

Abstract: Guide to nutrition, feeding and cooking from birth to toddler, breast feeding to solids. Easy to read quick reference as well as comprehensive nutritional information. Includes recipes.

Bottle feeding -- Vancouver, BC: BC Children's Hospital, (Pamphlet) - PE 347

Abstract: This pamphlet provides instructions on how to bottle feed babies. It discusses how much formula a baby typically needs each day.

Child of mine: Feeding with love and good sense / Satter, Ellyn -- Palo Alto, CA: Bull Publishing Company, (Book) - BB 200 SAT 2000 [FRL]

Abstract: This book presents a rational, healthy approach to child nutrition that offers practical and solidly researched information. The author emphasizes that an eating disorder indicates problems in the family as a whole and offers guidance for seeking help for serious disorders.

Common questions about infant nutrition -- Vancouver, BC: BC Children's Hospital, (Pamphlet) - PE 348

Abstract: This pamphlet provides answers to some frequently asked questions about infant nutrition.

Guide to your child's nutrition: making peace at the table and building healthy eating habits for life / Dietz, William H. (ed.); Stern, Loraine (ed.) -- New York, NY: Villard Books, (Book) - BB 200 DIE 1999 [FRL]

Abstract: This book covers the nutritional needs of children from birth through the teenage years. Deals with the influences of advertising, family members, school cafeterias. Includes many useful tips and charts.

Pregnancy Complications

NEW! **100 questions & answers about your high-risk pregnancy** / Platt, Elizabeth S. -- Sudbury, MA: Jones & Bartlett Publishers, 2008. (Book) - GH 300 PLA 2008 [FRL]

Abstract: Provides authoritative, practical answers to the most common questions posed by at-risk expecting mothers and fathers. The text covers topics such as testing, mother's health, fetal health, complications, prevention and treatment, and physical and psychological coping. This book is an invaluable resource for anyone coping with the physical and emotional turmoil of high risk pregnancy.

NEW! **Pregnancy bedrest: A journey of love** / Hale, Wanda. -- Bowling Green, KY: LCI Press, 2006. (Book) - GH 300 HAL 2006 [FRL]

Two-time bedrest patient and marriage and family therapist addresses the physical, emotional, and spiritual struggles of the bedrest mother and family. Includes author's bedrest memoirs; medical reasons for bedrest; questions for your doctor; suggestions for managing and coping with the physical aspects of bedrest as well as emotional; parenting young children while on bedrest; setting-up your resting place; relaxation techniques; exercises for pregnancy bedrest; resources; support and education; spiritual reflection and words of inspirations and encouragement.

Cesarean recovery / Gallagher-Mundy, Chrissie -- Buffalo, NY: Firefly Books, (Book) - REF GH 356 GAL 2004 [Antepartum]

Abstract: Guide to assist post-operative mothers recover from cesarean section. Includes information on diet, breastfeeding, postpartum problems, and exercise routines for mother and baby.

Days in waiting: A guide to surviving pregnancy bedrest / McCann, Mary Ann -- Saint Paul, MN: A Place to Remember, (Book) - GH 300 MCC 2003

Abstract: This is a handbook for women undergoing bedrest during pregnancy. The author offers advice on dealing with children, managing outside employment, and finances. While bedrest and exercise do not seem compatible, exercise can be as simple as deep breathing. With a physician's approval, bed exercises can be appropriate and valuable for maintaining strength, preventing atrophy of muscles, and staying emotionally healthy.

No more morning sickness: A survival guide for pregnant women / Erick, Miriam -- New York, NY: Plume, (Book) - GH 100 ERI 1993 [FRL]

Abstract: Presents a nutritional approach to solving the problem of morning sickness, detailing foods and smells pregnant women should avoid, as well as foods that provide relief, and offering charts and tables to help monitor the situation.



The baby challenge: A handbook on pregnancy for women with a physical disability / Campion, Mukti Jain -- London, UK: Routledge, (Book) - GH 300 CAM 1990 [WHC]

Abstract: An informative handbook that suggests the practical ways in which a woman with any physical disability can prepare herself for motherhood and shows how health professionals can best support her.

A time to decide, a time to heal: For parents making difficult decisions about babies they love / Minnick, Molly A.; Delp, Kathleen J.; Ciotti, Mary C. -- St. Johns, MI: Pineapple Press, 1996. (Book) - GH 300 MIN 1996 [FRL]

Abstract: This book offers information and compassion for parents making difficult decisions such as interrupting a pregnancy, or coping with the death of a baby and dealing with the ensuing grief.

Precious lives, painful choices: A prenatal decision-making guide / Ilse, Sherokee. -- Long Lake, MN: Wintergreen Press, 1993. (Book) - GH 300 ILS 1993 [FRL]

Abstract: A prenatal decision-making guide that presents a comprehensive, balanced approach for parents in their struggle to cope with bad news, how to decide, and then survive.

Miscarriage after infertility: A woman's guide to coping / Freda, Margaret Comerford; Semelsberger, Carrie F. -- Minneapolis, MN: Fairview Press, 2003. (Book) - GH 330 FRE 2003 [WHC]

Abstract: This book provides comfort and hope for women who fear that their lost pregnancy may be their last.

Miscarriage: Why it happens and how best to reduce your risks: A doctor's guide to the facts / Lerner, Henry M. -- Cambridge, MA: Perseus Publishing, 2003. (Book) - GH 330 LER 2003 [WHC]

Abstract: From the causes of miscarriage--chromosomal, illness-related, immunologic--to the diagnostic tests and surgical procedures now available to help prevent you from miscarrying again, the author has compiled the most current medical information on why miscarriages do and don't happen, and explains the best methods for recovering and preparing to conceive again.

Pregnancy after a loss: A guide to pregnancy after a miscarriage, stillbirth or infant death / Lanham, Carol Cirulli. -- New York, NY: Berkley Books, 1999. (Book) - GH 330 LAN 1999 [WHC]

Abstract: This guide, filled with up-to-date medical information and written by a woman who herself experienced a successful pregnancy after the loss of her first baby, can help women cope with their anxiety.

Postpartum Depression

Pregnancy blues: what every woman needs to know about depression during pregnancy / Misri, Shaila -- New York, NY: Delacorte Press, (Book) - GH 410 MIS 2005

Abstract: In this book, Dr. Shaila Misri, an expert on the psychology of pregnancy and postpartum, offers specific advice on the wide range of

emotional issues that come with parenthood, including the more serious emotional disorders that often cloud a pregnancy and the early days of motherhood.

Self-care program for women with postpartum depression and anxiety: Patient guide / Bodnar, Doris; Ryan, Deirdre; Smith, Jules, E. -- Vancouver, BC: Children's & Women's Health Centre of BC, (Book) - GH 410 BOD 2004

Abstract: This patient guide was created to meet the needs of both women with postpartum depression and the health care providers who treat these women and their families.

Shouldn't I be happy?: Emotional problems of pregnant and postpartum women / Misri, Shaila -- New York, NY: The Free Press, (Book) - CA 198 MIS 1995

Abstract: A book that offers advice on the wide range of emotional issues that come with parenthood, including postpartum depression. It also examines the stages of grief that accompany miscarriage or the loss of a newborn.

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