

program book list

I'm Pregnant

By Lesley Regan, M.D.

A week-by-week guide from conception to birth. What to expect at every stage of pregnancy and a guide through emotional and physical change and answers day to day questions and also answers the what-ifs about potential pregnancy complications. Plus there is a section on how to nurture your baby during the first six weeks after birth. Published by Doring Kindersley Adults.

The Nursing Mothers Companion

By Kathleen Huggins | From Amazon

Breastfeeding is natural, but it is not entirely instinctive for either mothers or babies. Kathleen Huggins equips breastfeeding mothers with all the information they need to overcome potential difficulties and nurse their babies successfully from the first week through the toddler years, or somewhere in between.

Siblings Without Rivalry

By Adele Faber and Elaine Mazlish

This book guides the way to peace and tranquility with humor, compassion and understanding. The illustrated, action-oriented, easy-to-understand stories will make life easier for both siblings and their parents. Published by Harper Paperbacks.

Your Baby's First Year Week By Week

By Glade Curtis M.D. and Judith Schuler

This upbeat book emphasizes well-baby care and how you can encourage your baby's social, emotional, physical and intellectual development. Published by Da Capo Lifelong Books.

Baby & Child Emergency First Aid Book

By Mitchell J. Enzig, M.D.

A user-friendly review of clearly illustrated step-by-step infant child CPR and first aid procedures with diagrams and instructions. Published by Meadowbrook Press.

Touchpoints: Birth to Three: Your Child's Emotional and Behavioral Development

By T. Berry Brazelton, M.D.

A parent's or parent's guide to understanding of child development from a physical, cognitive, emotional and behavioral point of view. Published by Da Capo Books.

Pregnancy, Childbirth, and the Newborn: The Complete Guide

By Penny Simkin, Janet Whalley, Ann Keppler, Janelle Durham, April Bolding

Covers all aspects of childbearing, from conception through early infancy, and tells you what to expect. Offers detailed information, suggestions, and advice to help make pregnancy, childbirth and new parenthood an enjoyable, healthy experience. Includes the latest research-based information plus new information on complementary medicine approaches, cesarean birth and advice to help you make informed decisions about your care. Published by Meadowbrook Press.

Fit & Healthy Pregnancy: How to Stay Strong and in Shape for You and Your Baby

By Dr. Kristina Pinto & Rachael Kramer, M.D.

In *Fit & Healthy Pregnancy*, running coach Pinto and triathlete Kramer demonstrate how exercise during pregnancy isn't just safe, it's healthy for both moms-to-be and their babies. Focusing on how their bodies, nutrition needs, and workouts will change each trimester, *Fit & Healthy Pregnancy* will help new mothers experience an easier, healthier pregnancy.

From One Child to Two

By Judy Dunn

Judy Dunn is an internationally recognized expert in the field of sibling relations and she draws on her own decade-long study of siblings at home, as well as from extensive interviews and observations of parents and children. Published by Ballantine Books, a member of the Random House Group.

Your Pregnancy and Childbirth: Month to Month

By the American College of Obstetricians and Gynecologists

Fully illustrated month-by-month guide that shows your baby's development and changes in your body and contains information on prenatal visits and key tests you may need, as well as information on labor and delivery. There is also expert advice on prenatal nutrition and a discussion of special concerns, such as multiple pregnancy and complications.

Published by the American College of Obstetricians and Gynecologists

Caring for Your Baby and Young Child: Birth to Ages 5

By Steven P. Shaw, M.D. and Tonya Renner Altmann, M.D.

This is a month-by-month guide to your baby's first year and a yearly guide for ages one through five. Published by Bantam.

Heading Home with Your Newborn: From Birth to Reality

By Laura A. Jana, M.D., FAAP and Jennifer Shu, M.D., FAAP

This book has everything you'll need to prepare for the first months of your infant's life. Written by two pediatrician moms, this recently revised edition covers everything from preparing for, to taking care of your newborn. This book blends their personal experiences as parents with their experiences as pediatricians to pack this book with information designed to help other parents to prepare for the reality of being parents. Published by American Academy of Pediatrics.

The Happiest Baby on the Block: The New Way to Calm Crying and Help Your Newborn Baby Sleep Longer

By Harvey Karp

Helpful advice on how to calm your crying newborn through use of the five S's—swaddle, side/stomach, shush, swinging and suck. Use these methods to initiate the calming reflex when used in the correct order and the correct way. This book is recommended for parents of babies from newborn to age three months. Published by Bantam.

The Expectant Father

By Armin Bratt and Jennifer Ash

This book is written from the perspective of an expectant father. It chronicles his experiences during his transition to fatherhood and gives information on a developing baby and the emotional and physical changes a mom is experiencing. It provides practical information about birthing choices and how to be a more involved partner in the birthing experience. Published by Abbeville Press.

When You're Expecting Twins, Triplets, or Quads

By Dr. Barbara Luke & Tamara Eberlein

This is the revolutionary, nutritionally based prenatal program for the growing number of women pregnant with multiples. Revised and expanded for an era when multiple births are on the rise, the third edition of *When You're Expecting Twins, Triplets, or Quads* includes updated diet and exercise recommendations for the postpartum mother as well as twenty-five new recipes.