

Pregnancy Support Resources (books)

Birthing from within: an extra-ordinary guide to childbirth preparation

by England, Pam., Horowitz, Rob.

Partera Press, c1998.

Library Call #: 618.24, 3 copies

Baby's best chance: parents' handbook of pregnancy and baby care.

by British Columbia. Ministry of Health.

British Columbia, Ministry of Health, 2005.

Library Call #: 618.24, 38 copies

Your Baby's First Year: Week by Week

by Glade B Curtis, Judith Schuler

Da Capo Press 2005

The mother of all pregnancy books: an all-Canadian guide to conception, birth, and everything in between

by Ann Douglas

MacMillan- 2000

Baby love: a tradition of calm parenting

by *Bryt, Maud.*

Dell, c1998.

Library Call #: 649.122, 1 copy

What to Expect When You're Expecting

Arlene Eisenberg, Sandee Eisenberg Hathaway, Heidi E Murkoff

Workman Publishing – 2002

Library Call #: 618.24, 11 copies

Belly laughs: the naked truth about pregnancy and childbirth

by McCarthy, Jenny,

Da Capo Lifelong, 2004

Library Call #: 618.2002, 4 copies

The everything pregnancy book: what every woman needs to know--month-by-month--to ensure a worry-free pregnancy.

by Brinley, Maryann Bucknum

Adams Media Corp., 1999.

Library Call #: 618.24, 1 copy

The birth partner: everything you need to know to help a woman through childbirth

by Simkin, Penny,

Harvard Common Press, c2001.

Library Call #: 618.4, 3 copies

You Are Your Child's 1st Teacher

Rahima Baldwin Dancy

Celestial Arts, 2000

The baby whisperer solves all your problems: (by teaching you how to ask the right questions): sleeping, feeding, and behaviour--beyond the basics from infancy through toddler hood

by Hogg, Tracy, Blau, Melinda,
Atria Books, 2005.

Library Call #: 649.122, 8 copies

The pregnancy bible: your complete guide to pregnancy and early parenthood

by Stone, Joanne, Eddleman, Keith

Firefly Books, 2003.

Library Call #: 618.24, 4 copies

Spiritual Midwifery

by Gaskin, Ina May.

Book Pub. Co., c1990

Library Call #: 618.45

The happiest baby on the block: the new way to calm crying and help your baby sleep longer

by Karp, Harvey

Bantam Books, 2002.

Library Call #: 649.122, 5 copies

Getting pregnant: what you need to know right now

by Lauersen, Niels H., Bouchez, Colette,

Fireside, 2000.

Library Call #: 612.6, 4 copies

Healthy beginnings: your handbook for pregnancy and birth

by Society of Obstetricians and Gynaecologists of Canada., Maryhelen Vicars & Associates.

Society of Obstetricians and Gynaecologists of Canada, c2000.

Library Call #: 618.24, 4 copies

Baby blues unplugged

by Kirkman, Rick, Scott, Jerry,

Andrews McMeel Publishing, 2002.

Library Call #: 741.5973, 1 copy

Pregnancy for dummies

by Stone, Joanne, Eddleman, Keith, Murray, Mary

New York : Harper Audio, 1999.

Library Call #: 618.24, 1 copy

Pregnancy sucks: what to do when your miracle makes you miserable

by Kimes, Joanne, Tisherman, Sanford A.

Adams Media, c2004.

Library Call #: 618.2, 3 copies

Girlfriend's guide to pregnancy. 2nd edition.

by Iovine, Vicki

S&S 2007

Library Call #: on Order, 4 copies

What to expect the first year

by Murkoff, Heidi Eisenberg, Eisenberg, Arlene., Hathaway, Sandee Eisenberg.

Workman Pub., 2003.

Library Call #: 649.122, 2 copies

Parenting Education

The little girl book: everything you need to know to raise a daughter today

by David Laskin; Kathleen O'Neill
Ballantine Books, 1996

The heart of parenting: how to raise an emotionally intelligent child /

by Gottman, John Mordechai., DeClaire, Joan.
Simon & Schuster, c1997.
Library Call #: 649.1, 4 copies

Raising confident boys: 100 tips for parents and teachers

by Elizabeth Hartley-Brewer
Fisher Books, 2001

The ADD answer: how to help your child now

by Lawlis, Frank.
Viking, c2004.
Library Call #: 618.9285, 3 copies

Preparation for the Toddler Years

by Gary Ezzo
Growing Families Internationa Press, ©1994

Baby signs: how to talk with your baby before your baby can talk

by Acredolo, Linda P., Goodwyn, Susan., Abrams, Doug.
Contemporary Books, 2002.
Library Call #: 649.122, 4 copies

Raising your spirited child a guide for parents whose child is more intense, sensitive, perceptive, persistent, energetic

by Kurcinka, Mary Sheedy,
HarperPerennial, 1998.
Library Call #: 649.1, 3 copies

The attachment parenting book: a commonsense guide to understanding and nurturing your baby

by Sears, William, 1939-, Sears, Martha.
Little, Brown, c2001.
Library Call #: 649.1, 2 copies

The no-cry sleep solution: gentle ways to help your baby sleep through the night

by Pantley, Elizabeth.
Contemporary Books, 2002.
Library Call #: 618.9284, 7 copies

The Encyclopaedia of baby and child care

By Lendon H. Smith
Warner Books, 1990

9 ways to bring out the best in you & your child

By Maggie Reigh
Northstone Pub., 2004.
Library Call #: 649.1, 7 copies

Magazines:

Parents (www.parents.com)

Today's Parent Magazine (www.todaysparent.com)

Okanagan Parent Magazine (available at Kelowna Child Care Society, 4-1890 Ambrosi Road, or at your local recreation centre)

Fit Pregnancy (www.fitpregnancy.com)

Websites:

www.babycenter.com

www.parentcenter.com

kelownaparents.com

www.google.com

www.mayoclinic.com

pregnancyweekly.com

babyzone.com

babynames.com

pamperpoints.com

todaysparent.com

kelownaparent.com

Television Shows:

The Mom Show on Life Network

Supernanny on ABC