

Additional Resources for Families

**Infant and Toddler
Connection of
Harrisonburg/Rockingham
(540) 433-3100**

**National Teen Pregnancy
Prevention
www.teenpregnancy.org**

**Harrisonburg Pregnancy
Center (540) 434-7528**

**Birth Matters Virginia
birthmattersva.com**

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Presents



Babies, oh babies!

A Reader's Resource Guide

May 2008



Books for adults

Litoff, Judy Barrett. - American midwives, 1860 to the present 618.2 L

Jacobs, Sandra - Having your baby with a nurse-midwife : everything you need to know to make an informed decision 618.2 J

McCutcheon-Rosegg, Susan. - Natural childbirth the Bradley way 618.4 M

Dick-Read, Grantly. - Childbirth without fear: the original approach to natural childbirth 618.2 R

Tanzer, Deborah. - Why natural childbirth? A psychologist's report on the benefits to mothers, fathers, and babies 618.4 T

McCarthy, Jenny- Belly laughs : the naked truth about pregnancy and childbirth 618.2 M

Murphy, Magnus- Pelvic health & childbirth : what every woman needs to know 617.5 M

Gaskin, Ina May. - Ina May's guide to childbirth 618.4 G

Metland, Daphne. - National Childbirth Trust complete book of baby care OV 649.1 N

England, Pam. - Birthing from within : an extra-ordinary guide to childbirth preparation 618.24 E

Winsor, Mari. - The Pilates pregnancy : maintaining strength, flexibility, and your figure 618.2 W

Riley, Laura. . Pregnancy : the ultimate week-by-week pregnancy guide 618.2 R

Hall, Nancy Wilson. - Balancing pregnancy and work 618.2 H

Stone, Joanne. - The pregnancy bible : your complete guide to pregnancy and early parenthood OV 618.2 S

Brown, Sylvia. - The post-pregnancy handbook : the only book that tells what the first year after childbirth is really all about... physically, emotionally, sexually 618.6 B

Murkoff, Heidi Eisenberg. - What to expect when you're expecting 618.2 M

Eisenberg, Arlene. - What to expect the first year 649.122 E

Eisenberg, Arlene. - What to expect the toddler years 649.122

Chabut, LaReine. - Lose that baby fat! : bouncing back the first year after having a baby 618.6 C

American College of Obstetricians and Gynecologists. - Your pregnancy & birth. 618.22 A

Curtis, Glade B. - Your pregnancy week by week. 618.2 C

Greene, Alan R., - Raising baby green: the earth-friendly guide to pregnancy, childbirth, and baby care. 618.2 G

Moore, Michele. - Pregnancy and parenting after thirty-five: mid life, new life. 618.2 M

Louden, Jennifer. - The pregnant woman's comfort book: a self-nurturing guide to your emotional well-being during pregnancy and early motherhood. 618.24 L

The Good housekeeping illustrated book of pregnancy & baby care. OV 618.2 G

Puryear, Lucy J. - Understanding your moods when you're expecting: emotions, mental health, and happiness--before, during, and after pregnancy. 618.2 P

Irvine, Vicki. - The girlfriends' guide to pregnancy. 618.2 I

Hall, Nancy Wilson. - Balancing pregnancy and work: how to make the most of the next 9 months on the job. 618.24 H

D'Adamo, Peter. - Eat right 4 your baby: the individualized guide to fertility and maximum health during pregnancy, nursing, and your baby's first year. 618.2 D

Joel, Lewin G. - Every employee's guide to the law: what you need to know about your rights in the workplace--and what to do if they are violated. 344.73 J

Books in Spanish

Lifshitz, Aliza A. - Mama sana, bebe sano : una guia en espanol e ingles sobre el embarazo, la atencion prenatal, el nacimiento y el cuidado del recién nacido= Healthy mother, healthy baby a Spanish/English guide to pregnancy, prenatal care, childbirth, and early infant care SPANISH 618.2 L

Alcañiz, Lourdes. - Waiting for bebé : a pregnancy guide for latinas 618.2 A

Mayer, Gloria G. - Qué hacer cuando vas a tener un bebé : fácil de leer, fácil de usar. SPANISH 618.2 M

Stone, Joanne. - Embarazo para dummies. SPANISH 618.24 S

DVDs

Having your baby: a complete Lamaze prepared childbirth class DVD 618.45 H

Tyson, John, Childbirth: from inside out DVD 618.2 C Pt. 1 and Pt. 2

Stone, Joanne. - Pregnancy for dummies DVD 618.2 P

Armstrong, Bess. - Baby to be: The video guide to pregnancy. DVD 618.2 B V.1

Ambandos, Andrea. - Yoga mama: prenatal yoga. DVD 618.2 Y

Books for children

Murkoff, Heidi Eisenberg. - What to expect when mommy's having a baby J 618.2 M

Rosenberg, Maxine B. Mommy's in the hospital having a baby J 618.4 R

Venezia, Mike. - How to be an older brother or sister EASY VEN

Walker, Richard. - Encyclopedia of the human body. J 612 W

Harris, Robie H. - It's not the stork!: a book about girls, boys, babies, bodies, families, and friends. J 649.65 H

Cole, Babette. - Mommy laid an egg!: or where do babies come from ? J 612.6 C



Books for Young Adults

Hurley, Jennifer A., - Teen pregnancy. J 306.874 H

Sparks, Beatrice. - Annie's baby: the diary of Anonymous, a pregnant teenager. YA FIC ANN

Heyman, Richard D. - How to say it to teens: talking about the most important topics of their lives. P-T-CORNER 645 H

Peacock, Judith. - Birth control and protection: options for teens. J 363.9 P

Roleff, Tamara L., - Teenage sexuality: opposing viewpoints. J 306.7 T

Cothran, Helen. - Teen pregnancy and parenting. 306.874 C

