Reading List for Expectant Parents

Pregnancy and Childbirth Preparation

• *The Complete Book of Pregnancy and Childbirth*, Sheila Kitzinger
• *Our Bodies, Ourselves: Pregnancy and Birth*, Boston Women’s Health Book Collective, Judy Norsigian
• *A Child is Born*, Lennart Nilsson – photography book
• *The Birth Partner: A Complete Guide to Childbirth for Dads, Doulas, and all Other Labor Companions*, Penny Simkin
• *Ina May’s Guide to Childbirth*, Ina May Gaskin
• *Birthing a Better Way: 12 Secrets for Natural Childbirth*, Kalena Cook, Margaret Christensen, MD

Parenting and Child Development

• *Heading Home with Your Newborn: From Birth to Reality*, Laura A. Jana, MD, Jennifer Shu, MD
• *Caring for Your Baby and Young Child: Birth to Age 5*, American Academy of Pediatrics
• *Guide to Your Child’s Sleep*, American Academy of Pediatrics
• *The Happiest Baby on the Block: The New Way to Calm Crying and Help Your Newborn Baby Sleep Longer*, Harvey Karp, MD

Twins and Multiple Pregnancy

• *Twins! Pregnancy, Birth and the First Year of Life*, Agnew, Klein, Ganon
• *Having Twins and More: A Parents Guide to Multiple Pregnancy, Birth, and Early Childhood*, Noble, Sorger, Keith
• *Mothering Multiples: Breastfeeding & Caring for Twins or More*, Karen Kerkhoff Gromada
Lesbian, Gay, Bisexual, Transgender, Queer (LGBTQ) Pregnancy, Childbirth and Parenting

- *The Ultimate Guide to Pregnancy for Lesbians: Tips and Techniques from Conception to Birth: How to Stay Sane and Care for Yourself*, Rachel Pepper
- *For Lesbian Parents: Your Guide to Helping Your Family Grow Up Happy, Healthy, and Proud*, Johnson, O’Connor
- *The Lesbian Parenting Book*, Clunis, Green

Single Motherhood


Teen Pregnancy, Childbirth and Parenting

- *You Look Too Young To Be a Mom, Teen Mothers Speak Out on Love, Learning, and Success*, edited by Deborah Davis
- *The Unplanned Pregnancy Book for Teens and College Students*, Dorrie Williams-Wheeler
- *Life Interrupted: Scoop on Being a Young Mom*, Tricia Goyel
- *Your Pregnancy and Newborn Journey: A Guide For Pregnant Teens*, Jeanne Warren Lindsay

Older Mothers

- *Warm Bottles Hot Flashes: First-Time Mothers Over Forty*, Nancy London
- *Pregnancy and Parenting after Thirty-Five: Mid Life, New Life*, Michele C. Moore MD, Caroline M. de Costa MD

Nutrition and Managing Morning Sickness during Pregnancy

- *Expect the Best: Your Guide to Eating Before, During and After Pregnancy*, The American Dietetic Association
Drug and Environmental Exposures during Pregnancy

• 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, Gideon Koren, MD

After Delivery

• Mothering the New Mother: Women’s Feelings & Needs After Childbirth: A Support and Resource Guide, Sally Placksin
• Cesarean Recovery, Gallagher-Mundy

Breastfeeding and Infant Nutrition

• The Breastfeeding Mother’s Guide to Making More Milk, West, Marasco
• Nursing Mother, Working Mother, Kathleen Huggins
• The Nursing Mother’s Companion, Kathleen Huggins
• Defining Your Own Success, Diana West
• The Womanly Art of Breastfeeding, La Leche League International

Books for Introducing the New Baby to Siblings

• How Was I Born: A Child’s Journey Through the Miracle of Birth, Nilsson, Swanberg
• The New Baby at Your House, Cole, Miller

Postpartum Depression

• Postpartum Depression Demystified: An Essential Guide to Understanding and Overcoming the Most Common Complication After Childbirth, Venis, McCloskey
• Down Came the Rain: My Journey through Postpartum Depression, Brooke Shields
• Beyond the Blues: A Guide to Understanding and Treating Prenatal and Postpartum Depression, Bennett, Indman

Web Resources

Pregnancy and Beyond

• American Pregnancy Association: www.americanpregnancy.org
• March of Dimes Foundation: www.marchofdimes.com/pnhec/pnhec.asp
- WebMD – Health & Parenting Center: www.webmd.com/parenting/default.htm
- Storknet: Your Pregnancy and Parenting Web Station: www.storknet.com
- American College of Nurse-Midwives: Share with Women: www.acnm.org/share_with_women.cfm
- National Women’s Health Information Center: www.4woman.gov
- Centers for Disease Control and Prevention Pregnancy Site: www.cdc.gov/ncbddd/pregnancy
- Lamaze® International: www.lamaze.org
- Mindful Birthing: www.mindfulbirthing.org
- Adult Immunization and Travel Clinic: www.sfdph.org/aitc
- Organization of Teratology Information Specialists: www.otispregnancy.org
- Environmental Working Group: www.ewg.org
- Postpartum Support International: www.postpartum.net
- Perinatal Reproductive Psychiatry Information: www.womensmentalhealth.org
- La Leche League: www.llli.org
- National Healthy Mothers, Healthy Babies Coalition (get free text messages about your pregnancy): www.text4baby.org
- American Dietetic Association – Nutrition for Women and Kids: www.eatright.org/Public