



## Recommended Reading

**Internet Sites:** [www.womenshealth.gov/pregnancy/](http://www.womenshealth.gov/pregnancy/), [www.webmd.com/baby/](http://www.webmd.com/baby/), [www.pregnancy.org](http://www.pregnancy.org), [www.lli.org](http://www.lli.org), [www.breastfeeding.com](http://www.breastfeeding.com), [www.kellymom.com](http://www.kellymom.com), [www.babycenter.com](http://www.babycenter.com), [www.breastfeedinginc.ca](http://www.breastfeedinginc.ca), [textforbaby.org](http://textforbaby.org), [www.marchofdimes.org](http://www.marchofdimes.org)

Look for sites with high quality, medically reviewed content. Avoid websites, blogs or reality shows that don't have medical professional panels or advisory boards to ensure the information is accurate.

### ***Pregnancy, Labor and Birth***

The Complete Guide to Pregnancy and Childbirth - Sheila Kitzinger

Pregnancy, Childbirth and the Newborn - Penny Simpkin

Nutrition for a Healthy Pregnancy - Elizabeth Somer

Nutrition in Pregnancy and Lactation - Worthington-Roberts, Mermeesch & Williams

Girlfriends' Guide to Pregnancy - Vicki Iovine

Twins 101: 50 Must-Have Tips for Pregnancy through Early Childhood from a Dr M.O.M - Le-Bucklin

Natural Hospital Birth: The Best of Both Worlds - Cynthia Gabriel

Ina May's Guide to Childbirth - Ina May Gaskin

Easy Labor: Every Woman's Guide to Choosing Less Pain and More Joy During Childbirth - Camann & Alexander

The Thinking Woman's Guide to a Better Birth - Henci Goer

Painless Childbirth: An Empowering Journey through Pregnancy and Childbirth - Giuditta Tornetta

Gentle Birth, Gentle Mothering - Dr. Sarah Buckley

The Birth Book - Sears and Sears

### ***For Fathers***

The Birth Partner (A Complete Guide to Childbirth for Dads, Doulas and Other Labor Companions) - Simpkin

Fatherwise - Alice Bolster

Be Prepared: A Practical Handbook for New Dads - Gary Greenberg

The Guys Guide to Surviving Pregnancy, Childbirth and the First Year of Fatherhood - Michael Crider

### ***Breastfeeding, Postpartum and Newborn Care***

The Year after Childbirth - Sheila Kitzinger

The Womanly Art of Breastfeeding - La Leche League International

The Nursing Mother's Companion - Kathleen Huggins

The Breastfeeding Book - Sears

The First 8 Days of Being a Mom: How to take care of You as well as your newborn - Gea Meijering

The Baby Book - Sears and Sears

Heading home with your Newborn: From Birth to Reality - Dr Laura Jana and Dr Jennifer Shu

Your Baby and Child - Penelope Leach

The Happiest Baby on the Block - Harvey Karp

### ***Siblings***

From One Child to Two - Judy Dunn

Siblings without Rivalry - Bager and Mazlish

### ***Grief and Loss***

When Hello Means Goodbye - Kirk & Schwiebert

Empty Arms: Coping After Miscarriage, Stillbirth and Infant Death - Sherokee Ilse

*Note: This is only a sample list of readings and sites. Day Kimball Hospital does not endorse any single source of reading material. Many other books, videos and resources are available at your local bookstore or library.*