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**from the hips**  
by rebecca odes and ceridwen morris

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## THE PREGNANT BODY

### finding a physician

- [American Medical Association](#)
- [American College of Obstetricians and Gynecologists](#)

### finding a specialist

- [Society for Maternal-Fetal Medicine](#)

### finding a midwife

- [American College of Nurse Midwives](#)
- [Certified Professional Midwives](#)

### finding a birth center

- [National Association of Childbearing Centers](#)

### finding a genetic counselor

- [National Society for Genetic Counselors](#)

### food safety in pregnancy

- [The Panic-Free Pregnancy](#) by Michael S. Broder
- Centers for Disease Control and Prevention/Foodborne Illness Line (24 hr recorded information) 1-888/232-3228
- [Centers for Disease Control and Prevention](#)
- [U. S. Food and Drug Administration Center for Food Safety & Applied Nutrition](#)

### drugs and pregnancy

- National Drug Help Hotline 1-800-662-435
- [Substance Abuse treatment Facility Locator](#)
- [Help for Quitting Smoking When Pregnant](#)

### herbs and pregnancy

- [Herbs for a Healthy Pregnancy](#) by Penelope Ody
- [Wise Woman Herbal for the Childbearing Year](#) by Susun S. Weed

### toxins and pregnancy: environmental information and action resources

- [Environmental Working Group](#)
- [Collaborative on Health and The Environment](#)
- [The Sierra Club](#)
- [National Resources Defense Council](#)
- [Having Faith: An Ecologist's Journey To Motherhood](#) by Sandra Steingraber

### general pregnancy safety

- [March of Dimes Pregnancy and Newborn Health Education Center](#)
- [Organization of Teratology Information Services](#)
- [MotherRisk](#)
- [The Complete Guide to Everyday Risks in Pregnancy and Breastfeeding](#) by Gideon Koren

**artists' safety**

- [The Artist's Complete Health and Safety Guide](#)

**beauty products**

- [The Safe Shopper's Bible](#) by David Steinman, Samuel S. Epstein
- [A Consumer's Dictionary of Cosmetic Ingredients](#) by Ruth Winter
- [Household Products Database](#)

**eating disorders and pregnancy**

- [National Association of Anorexia Nervosa and Related Disorders](#) hotline 847-831-3438
- [Eating Disorder Referral and Information Center](#) or hotline 1 800 843 7274

**plus-size pregnancy**

- [Big, Beautiful, and Pregnant](#) by Cornelia van der Ziel, Jacqueline Tourville
- [Your Plus-size Pregnancy](#) by Brette McWhorter Sember, Dr. Bruce D. Rodgers
- [Plus Size Pregnancy](#)

**general medical resources**

- [Mayo Clinic Guide to Healthy Pregnancy](#)
- [1000 Questions About Your Pregnancy: Everything Every Expecting Woman Needs to Know](#) by Jeffrey Thurston, M.D., F.A.C.O.G.
- [The Whole Pregnancy Handbook](#) by Joel Evans and Robin Aronson

**high risk pregnancy**

- [National High Risk Pregnancy Support Network](#)
- [The High-Risk Pregnancy Sourcebook](#) by Denise M. Chism
- [When Pregnancy Isn't Perfect: A Layperson's Guide To Complications In Pregnancy](#) by Laurie A. Rich

**asthma and pregnancy**

- [American Academy of Allergy, Asthma and Immunology](#)
- [Pregnancy and Asthma Info](#)

**breech babies**

- [Breech Babies Information and Resources](#)
- [Turning a Breech Baby](#)
- [American Association of Oriental Medicine](#)

**diabetes**

- [American Diabetes Association](#)
- [Gestational Diabetes: What to Expect](#) by American Diabetes Association

**group b strep**

- [Group B Strep Association](#)
- [Centers for Disease Control B Strep Info](#)

**preeclampsia**

- [Preeclampsia Info](#)

**bed rest**

- [Days in Waiting: A Guide to Surviving Pregnancy Bedrest](#) by Mary Ann McCann
- [The Pregnancy Bed Rest Book: A Survival Guide for Expectant Mothers and Their Families](#) by Amy E. Tracy
- [Case Western Reserve University Bed Rest](#)

**pregnancy loss**

- [The Ectopic Pregnancy Trust](#)
- [The Miscarriage Association \(UK\)](#)
- [Helping After Neonatal Death](#)
- [comprehensive fertility resource](#)
- [Share: Pregnancy and Infancy Loss Support, Inc.](#)
- [Pregnancy After Miscarriage](#)
- [Information about recurrent miscarriages](#)
- [Information about depression after loss](#)
- [International Council of Infertility Information Dissemination](#)
- [stillbirth information and support](#)
- [Center for Loss in Multiple Birth](#)
- [A Little Pregnant: Blog about IVF, miscarriage and pregnancy](#)
- [Babyfruit: Blog about miscarriage, fertility and pregnancy](#)
- [40 Mournings and Nights: Blog about loss](#)
- ["How to be Good Friends with an Infertile"](#)

## THE PREGNANT BRAIN

### pregnancy memoirs

- [Pregnancy Stories](#) by Cecelia A. Cancellaro
- [Waiting for Birdy](#) by Catherine Newman
- [Knocked Up : Confessions of a Hip Mother-to-be](#) by Rebecca Eckler
- [Navel-Gazing: The Days and Nights of a Mother in the Making](#) by Jennifer Matesa
- [Love Works Like This: Moving from One Kind of Life to Another](#) by Lauren Slater
- [Increase](#) by Lia Purpura
- [Misconceptions: Truth, Lies, and the Unexpected on the Journey to Motherhood](#) by Naomi Wolf

### support and guidance

- [The Spirit of Pregnancy: An Interactive Anthology for Your Journey to Motherhood](#) by Bonni Goldberg
- [The Pregnant Woman's Comfort Book](#) by Jennifer Loudon
- [Magical Beginnings, Enchanted Lives: A Holistic Guide to Pregnancy and Childbirth](#) by Deepak Chopra, M.D., David Simon, M.D, and Vicki Abrams, C.C.E., I.B.C.L.C.

### partners

- [Pregnant Man : How Nature Makes Fathers Out of Men](#) by Gordon Churchwell
- [Be Prepared: A Practical Handbook for New Dads](#) by Gary Greenberg, Jeannie Hayden
- [The Father's Almanac](#)
- [The Expectant Father: Facts, Tips and Advice for Dads-To-Be](#) by Armin A. Brott, Armin A. Brott
- [Daddytypes Weblog for Dads](#)
- [Confessions of the Other Mother: Non-Biological Lesbian Mothers Tell All](#) by Harlyn Aizley

### depression

- [Beyond the Blues](#)
- [Pregnancy Blues](#)

### domestic violence during pregnancy

- [national domestic violence hotline](#)
- [Breaking the Cycle of Abuse: How to Move Beyond Your Past to Create an Abuse-Free Future](#) by Beverly Engel
- [Spare the Rod: Breaking the Cycle of Child Abuse](#) by Phil E. Quinn
- [Prevent Child Abuse](#)
- [Controlling Parents](#)
- [American Institute on Domestic Violence](#)

## PREGNANT LIFE

### working through pregnancy

- [Occupational Safety and Health Administration](#)
- [National Institute for Occupational Safety and Health](#)
- [pregnancy discrimination](#)

### baby gear

- [Baby Bargains](#)
- [Alan Fields Consumer Reports Best Baby Products](#)

### baby names

- [The Baby Name Wizard](#)

### circumcision

- [Pro-Circumcision Info](#)
- [Medical info, history, statistics, and links](#)
- [Mothers Against Circumcision](#)

### multiples

- [The National Organization of Mothers of Twins Clubs, Inc.](#)
- [Author and mother of twins, Elizabeth Lyons'](#)
- [Multiple birth prenatal education and support](#)
- [The Twin-to-Twin Transfusion Syndrome Foundation](#)
- [The Multiple Pregnancy Sourcebook: Pregnancy and the First Days with Twins, Triplets, and More](#) by Nancy Bowers
- [Twinspiration: Real-Life Advice From Pregnancy Through the First Year for Parents of Twins and Multiples](#) by Cheryl Lage
- [Expecting Twins, Triplets, and More : A Doctor's Guide to a Healthy and Happy Multiple Pregnancy](#) by Rachel Franklin

## BIRTH

### birthing techniques

- [The Official Lamaze Guide: Giving Birth with Confidence](#) by Judith Lothian, Charlotte DeVries
- [Preparation for Birth: The Complete Guide to the Lamaze Method](#) by Beverly Savage, Diana Simkin
- [Lamaze® International](#)
- [Natural Childbirth the Bradley Way: Revised Edition](#) by Susan McCutcheon-Rosegg
- [Husband-Coached Childbirth : The Bradley Method of Natural Childbirth](#) by Robert A. Bradley
- [The Bradley Method®](#)

### birth gurus

- [The Complete Book of Pregnancy and Childbirth](#) by Sheila Kitzinger
- [Sheila Kitzinger](#)
- [Ina May's Guide to Childbirth](#) by Ina May Gaskin
- [Ina May Gaskin](#)
- [Birthing from Within: An Extra-Ordinary Guide to Childbirth Preparation](#) by Pam England, Rob Horowitz
- [Birthing From Within](#)
- [The Birth Partner](#) by Penny Simkin thinking about birth & birth choices
- [Birth: The Surprising History of How We Were Born](#) by Tina Cassidy
- [Deliver This! Making The Childbirth Choice That's Right for You... No Matter What Everyone Else Thinks](#) by Marissa Cohen
- [The Birth That's Right For You](#) by Amen Ness, Lisa Gould Rubin, Jackie Frederick

**Berner home birth**

- [College of Midwives: Midwife-assisted home birth information](#)
- [Midwifery Today Magazine](#)
- [UK homebirth Website](#)
- [Gentle Birth Choices: A Guide to Making Informed Decisions about Birthing Centers, Birth Attendants, Water Birth, Home Birth, and Hospital Birth](#) by Barbara Harper, Suzanne Arms
- [Baby Catcher: Chronicles of a Modern Midwife](#) by Peggy Vincent

**water birth**

- [Birth Balance](#): A water birth and labor support resource

**doulas**

- [Doulas of North America](#)

**cord blood banking**

- [A Parent's Guide to Cord Blood Banks](#)

**c-sections**

- [The Essential C-Section Guide](#) by Maureen Connolly, Dana Sullivan
- [What if I Have a C-section?](#) by Mark Landon and Rita Rubin
- [Cesarean Section: Understanding and Celebrating Your Baby's Birth](#) by Michele C. Moore and Caroline M. de Costa

**c-section risks**

- [The Coalition for Improving Maternity Services](#)
- [A Balanced View of Caesareans](#)

**postpartum healing and support**

- [Mothering the New Mother: Women's Feelings and Needs After Childbirth, A Support and Resource Guide](#) by Sally Placksin
- [The Post-Pregnancy Handbook](#) by Sylvia Brown with Mary Dowd Struck, R.N., M.S., C.N.M.
- [After the Baby's Birth: A Complete Guide for Postpartum Women](#) by Robin Lim

**BECOMING A PARENT****emotional resource rescue: memoirs, fiction, humor**

- [Getting a Life](#) by Helen Simpson
- [The Mother Knot](#) by Jane Lazarre
- [Operating Instructions: A Journal of My Son's First Year](#) Anne Lamott
- [The Bitch In the House](#) Ed. Cathi Hanauer
- [Mother Shock](#) Andrea Buchanan
- [Anything by Erma Bombeck](#)
- Any issue of [Brain, Child](#) magazine
- [A Life's Work](#) by Rachel Cusk
- [Inconsolable](#) by Marrit Ingram
- [Rise Up Singing: Black Women Writers on Motherhood](#) by Cecelie Barry
- [Down Came the Rain](#) by Brooke Shields
- [Child of Mine](#) edited by Christina Baker Kline

**the state of modern mother/parenthood**

- [Perfect Madness](#) by Judith Warner
- [Representations of Motherhood](#) by Donna Bassin, Margaret Honey, and Meryle Mahrer Kaplan, editors
- [Mother Reader: Essential Writings on Motherhood](#) by Moyra Davey, ed.
- [A Potent Spell](#) by Janna Malamud Smith
- [Of Woman Born](#) by Adrienne Rich

- [The Mother Trip](#) by Ariel Gore
- [The Mommy Myth](#) Susan J. Douglas, Meredith W. Michaels
- [Mothers Who Think](#) by Camille Peri and Kate Moses, ed.
- [Mother Nature](#) by Sarah Hrdy

#### parenting support/guidance

- [Becoming the Parent You Want To Be](#) Laura Davis, Janis Keyser
- [Parenting From the Inside Out](#) Daniel Siegel, Mary Hartzell
- [Everyday Blessings](#) Jon Kabat-Zinn, Myla Kabat-Zinn

#### postpartum depression and anxiety

- [This Isn't What I Expected](#) by Karen R. Kleiman, MSW and Valerie Raskin M.D.
- [The Postpartum Husband](#) by Karen R. Kleiman, MSW
- [The Mother-to-Mother Postpartum Depression Support Book](#) by Sandra Poulin
- [Beyond the Blues](#) by Shoshana S. Bennett, Ph.D., Pec Indman
- [Postpartum Support International](#)
- [Depression After Delivery](#)
- [The Center for Postpartum Health](#)
- [Postpartum Progress Website](#)
- [A Potent Spell: Mother Love and the Power of Fear](#) by Janna Malamud Smith

#### the balancing act

- [Moms Rising](#): activism for a better balance
- [Mothers and More](#): support, education and advocacy for all mothers
- [Mommy Wars](#) by Leslie Morgan Steiner
- [The Truth Behind the Mommy Wars](#) by Miriam Peskowitz
- [The Price of Motherhood](#) by Ann Crittenden

#### going back to work

- [blue suit mom](#)
- [working mother](#)
- [mom's refuge](#)

#### maternity and paternity leave

- [U.S. Department of Labor](#)
- [National Partnership for Women & Families](#)
- [Families and Work Institute](#)

#### staying home

- [Club Mom](#)
- [Mocha Moms](#)
- [Home With the Kids](#)
- [Dooce](#)

#### shared parenting/beyond mr. mom

- [Rebeldad](#)
- [Daddytypes](#)
- [Slowlane](#)
- [Fatherneed](#) by Kyle Pruitt

#### finding daycare

- [childcare inc.](#)
- [daycare.com](#)
- [daycare trust](#)

#### assessing daycare

- [National Resource Center for Health and Safety](#)

- ["13 Indicators of Quality Child Care"](#)

### household employment tax ("the nanny tax")

- [The Household Employer's Tax Guide](#)
- [Nanny Tax USA](#)
- [The International Nanny Association](#)
- [state tax information](#)
- [household employment tax calculator](#)
- Info about state subsidized childcare at [Child Care Aware](#)

### single parenthood

- [Parents Without Partners](#)
- [Single Mothers by Choice](#) by Jane Mattes
- [Unsung Heroines: Single Mothers and the American Dream](#) by Ruth Sidel
- [Raising Boys Without Men](#) by Peggy Drexler
- [Operating Instructions](#) by Anne Lamott
- [The Complete Single Mother](#) by Andrea Engber, Leah Klungness
- [The Single Parent Resource](#) by Brook Noel, Arthur C. Klein

### adoption

- [The Adoption Guide](#)
- [Adoption.org](#)
- [Adoptive Families: Information and Resources](#)
- [The Adoption Institute](#)
- [Adoption Links from an Adoptive Parent](#)
- [The AAP directory for pediatricians specializing in adoption and foster care](#)
- [Secret Thoughts of an Adoptive Mother](#) by Jana Wolff
- [The Post-Adoption Blues](#) by Karen J. Foli, John R. Thompson
- [A Love Like No Other](#) Ed. by Pamela Kruger, Jill Smolowe
- [The Kid: What Happened After My Boyfriend and I Decided to Go Get Pregnant](#) by Dan Savage
- [Raising Adopted Children](#) by Lois Ruskai Melina Collins
- [Real Parents, Real Children](#) by Holly Van Gulden

### multicultural families and cross-cultural adoption

- [Dim Sum, Bagels, and Grits: A Sourcebook for Multicultural Families](#) by Myra Alperson
- [Cross Cultural Adoption](#) by Amy Coughlin, Caryn Abramowitz
- [Does Anybody Else Look Like Me?: A Parent's Guide to Raising Multiracial Children](#) by Donna Jackson Nakazawa
- [Tripping on the Color Line: Blackwhite Multiracial Families in a Racially Divided World](#) by Heather M. Dalmage
- [I'm Chocolate, You're Vanilla](#) by Marguerite Wright
- [Black Baby White Hands: A View from the Crib](#) by Jaiya John, Charlene Maxwell (Ed)
- [Raising Biracial Children](#) by Rockquemore Kerry Ann

### surrogacy

- [The American Surrogacy Center](#)
- [Surrogate Moms Online](#)
- [Everything Surrogacy](#)
- [Assisted Reproduction](#) by Theresa Marie Erickson, MaryAnn Lathus.
- [Surrogacy Was the Way](#) by Zara Griswold.
- [Beyond Infertility](#) by Susan L. Cooper and Ellen S. Glazer
- [A Matter of Trust](#) by Gail Dutton
- [Mommies, Daddies, Donors, Surrogates](#) by Diane Ehrensaft

### pregnancy/parenting after infertility

- [The Long-Awaited Stork](#) by Ellen Sarasohn Glazer
- [Adopting After Infertility](#) by Patricia Irwin Johnston
- [A Little Pregnant: Our Memoir of Fertility, Infertility, and a Marriage](#) by Linda Carbone, Ed
- [Waiting for Daisy](#) by Peggy Orenstein

#### infant development

- [What's Going On In There](#) by Lise Eliot
- [Diary of a Baby](#) by Daniel N. Stern

## BABY

#### general baby care

- [The Happiest Baby on the Block](#) by Harvey Karp
- [Naturally Healthy Babies and Children](#) by Aviva Jill Romm
- [What Your Doctor May Not Tell You About Children's Vaccinations](#) by Stephanie Cave, Deborah Mitchell
- [The Vaccine Guide: Risks and Benefits for Children and Adults](#) by Randall Neustaedter
- [Mothers & Others for a Livable Planet Guide to Natural Baby Care](#) by Mindy Pennybacker, Aisha Ikramuddin

#### infant development

- [Touchpoints](#) by T. Berry Brazelton
- [Your Amazing Newborn](#) by Marshall Klaus

#### multiples

- [Raising Twins](#) by Eileen M. Pearlman, Jill Alison Ganon
- [Double Duty](#) by Christina Baglivi Tinglov
- [Raising Twins After the First Year](#) by Karen Gottesman
- [The Art of Parenting Twins](#) by Patricia Malmstrom, Janet Poland
- [Ready or Not... Here We Come!](#) by Elizabeth Lyons
- [Mothering Multiples: Breastfeeding & Caring for Twins or More](#) by Karen Kerkhoff Gromada

#### premature babies

- [March of Dimes](#)
- [preemie baby/child/parent support](#)
- [parents of premature babies inc.](#)
- [preemie parents support](#)
- [neonatology on the web](#)
- [Preemies](#) by Dana Wechsler Linden, Emma Trenti Paroli, Mia Wechsler Doron, M.D.
- [Parenting Your Premature Baby and Child](#) by Deborah L. Davis, Ph.D., and Mara Tesler Stein, Psych.D.
- [The Preemie Parents. Companion](#) by Susan L. Madden, William Sears, M.D., and Jane E. Stewart, M.D.
- [The Early Birds : A Mother's Story for Our Times](#) by Jenny Minton
- [Preemies](#) by Dana Wechsler Linden, Emma Trenti Paroli, Mia Wechsler Doron M.D.
- [The Premature Baby Book](#) by William Sears, et al.
- [Parenting Your Premature Baby and Child](#) by Deborah L. Davis, Mara Tesler Stein
- [Kangaroo Care](#) by Susan Ludington-Hoe



**special needs babies and children**

- [More Than a Mom](#) by Heather Fawcett, Amy Baskin
- [Breakthrough Parenting for Children with Special Needs](#) by Judy Winter
- [Parenting Your Complex Child](#) by Peggy Lou Morgan
- [Reflections from a Different Journey](#) by Stanley Klein, John Kemp
- [You Will Dream New Dreams](#) by Kim Schive (Ed), Stanley D. Klein (Ed)
- [Nobody's Perfect](#) by Nancy B. Miller
- [Voices from the Spectrum](#) by Cindy N. Ariel (Ed), Robert A. Naseef (Ed)

**childproofing**

- [safe from toxics](#): a project of the state PIRGS and state environment groups
- [environmental working group](#)

**getting out with your baby**

- [go city kids](#)
- [urban baby](#)
- [American Association of Pediatrics car seat guide](#)
- [car seat info](#)
- [air travel info](#)

**breastfeeding history and context**

- [At The Breast](#) by Linda M. Blum
- [Mother's Milk](#) by Bernice L. Hausman
- [Milk Money and Madness](#) by Naomi Baumslag, M.D. and Dia L. Michels

**general breastfeeding resources**

- [Kellymom](#)
- [breastfeeding.com](#)
- [La Leche League International](#)
- [International Lactation Consultants Association](#)
- [The Nursing Mother's Companion](#) by Kathleen Huggins
- [Bestfeeding: How to Breastfeed Your Baby](#) by Mary Renfrew, Chloe Fisher, Suzanne Arms
- [So That's What They're For!](#) by Janet Tamaro
- [Spilled Milk](#) by Andy Steiner
- [The Real Deal Breastfeeding DVD](#)

**resources for specific breastfeeding problems**

- [Breastfeeding the Hospitalized Baby](#) by Cyndi Egbert
- [The Cleft Palate Foundation](#)
- [Dr. Sears: Breastfeeding Expert and parent of child with Down Syndrome](#)
- [breastfeeding after a breast reduction](#)

**find a doctor supportive of breastfeeding**

- [ILCA](#)
- [La Leche League](#)

**find a lactation consultant**

- [ILCA](#)
- [International Board of Lactation Consultant Examiners](#)
- [La Leche League](#)

**eating, drinking, medications and milk**

- [Complete Guide to Everyday Risks in Pregnancy and Breastfeeding](#) by Dr. Gideon Koren
- [Medications and Mothers' Milk](#) by Thomas W. Hale
- [Dr. Hale's Breastfeeding Pharmacology Page](#)
- [motherrisk](#)
- [The Nursing Mother's Herbal](#) by Sheila Humphrey

- [Wise Woman Herbal for the Childbearing Year](#) by Susun Weed
- [moms: making our milk safe](#)
- [Dr. Hale's Breatfeeding and Medications Forum](#)

**tandem and extended nursing**

- [Mothering your Nursing Toddler](#) by Norma Jane Bumgarner
- [Adventures in Tandem Nursing](#) by Hillary Flower

**weaning**

- [Mothering Your Nursing Toddler](#) by Norma Jane Bumgartner
- [How Weaning Happens](#) by Diane Bengson
- [So That's What They're For](#) by Janet Tamaro

**sleep safety/SIDS**

- [SIDS safety](#)

**co-sleeping resources**

- [The Baby Sleep Book](#) and all other books by William and Martha Sears
- [Dr. Sears](#)
- [Good Nights](#) by Dr. Jay Gordon and Maria Goodavage
- [Our Babies Our Selves](#) by Meredith Small
- [Mother-Baby Behavioral Sleep Laboratory](#)