

baby 101: books

PREGNANCY

► **"The Pregnancy Countdown Book: Nine Months of Practical Tips, Useful Advice and Uncensored Truths"** by Susan Magee with Kara Nakibendi, M.D. (Quirk Books, 2006, \$14.95). A humorous, no-nonsense look at the mysteries of pregnancy, with pointers, practical advice, facts, activities, comments by doctors and much more.

► **"Easy Labor: Every Woman's Guide to Choosing Less Pain and More Joy During Childbirth"** by William Camann, M.D. and Kathryn J. Alexander, M.A. (Ballantine Books, 2006, \$13.95). A book that focuses on labor itself, with the truth about what to expect during labor (as well as factors that can add to your comfort): facts about epidurals; pain-relief medications; alternative methods; how your choice of hospital can impact delivery; techniques to calm stress; etc. More information at www.easylabor.net.

Also, try these books...

► **"Your Practical Pregnancy Planner"** by Brette McWhorter Sember (McGraw-Hill, 2005, \$14.95). Essential financial and legal aspects of preparing for baby in a month-by-month guide.

► **"Your Plus-Sized Pregnancy: The Ultimate Guide for the Full-Figured Expectant Mom"** by Brette McWhorter Sember and Dr. Bruce D. Rodgers (Barricade Books, 2005, \$16.95). Get the truth – not the media-inspired hype – of what you need to know when you're a plus-sized woman about to give birth.

► **"Your Pregnancy Quick Guide"** series: "Postpartum Wellness" and "Twins, Triplets and More" by Dr. Glade B. Curtis and Judith Schuler (DaCapo, 2005, \$7.95 each). Detailed information, tips and explanations on these specific subjects.

► **"The Official Lamaze Guide: Giving Birth with Confidence"** by Judith Lothian and Charlotte DeVries (Meadowbrook Press, 2005, \$12). Learn what to expect – and not to fear – during pregnancy and birth.

► **"Adventures in Natural Childbirth: Tales from Women on the Joys, Fears, Pleasures and Pains of Giving Birth Naturally"** edited by Janet Schwegel (Marlowe & Company, 2005, \$16.95). Stories giving all sides and experiences of natural childbirth.

► **"Healthy Pregnancy Over 35: Expert Advice for Every Stage, From Planning a Baby to Giving Birth"** by Laura Goetzl, M.D., and Regine Harford (DK Books, 2005, \$15). Everything a mom over 35 needs to know.

► **"The Pregnancy Journal: A Day-to-Day Guide to a Healthy and Happy Pregnancy"** by A. Christine Harris, Ph.D. (Chronicle Books, 2005, \$19.95). Chronicles the nine-month adventure, day by day.

PARENTING

► **"The Starting Gate's Guide to Babyville: Your Must-Have Manual for Life with Baby"** by Paige Hobby and Allison Nied, M.D. (DaCapo Press, 2006, \$14.95). The first year of your baby's life is

full of challenges, and they are multiplied when Mom goes back to work. In this book, new working moms get the inside information on: career options; how to talk to your employer; maternity leave; basic infant care; how to create a budget; advice on child care; making the best of time at home; romance and more.

► **"The Tao of Poop: Keeping Your Sanity (and Your Soul) While Raising a Baby"** by Vivian Elisabeth Glyck (Trumpeter, 2006, \$16.95). In this humorous book full of practical advice, the author puts forth 10 life lessons that become vivid the first few years of a child's life. From control issues to boredom to forgiveness, this book offers honesty, as well as a healthy perspective.

► **"The 'Dam Good Advice' series** by Jan Faull, M.Ed. and illustrated by David Hitch (Barron's Educational Series, \$14.99 each). The first two "Dam Good Advice" books – "Baby" and "Parenting" – are joined by the latest, "Pregnancy." In each, readers learn the ins and outs of these complicated subjects, in a simple, colorful format. Topics are discussed honestly through examples and perspective, and are followed by tips and suggestions on how to end unwanted behavior and foster new conduct. These handy, take-around size books are durable must-haves for new parents and parents-to-be.

► **"Free Stuff for Baby: How to Save Hundreds of Dollars Every Year on the Things You Need Most (2006-2007 Edition)"** by Sue M. Hannah (McGraw-Hill, 2006, \$14.95). Parenthood is incredibly expensive, between toys, clothes, diapers and food. And that is just the beginning! For every budget-conscious parent, this book has phone numbers and Web sites for the best places to find the best deals. Includes information on free items for nursery, infant and bath, and emergency, as well as resources, support and what you can make yourself. More information at www.freestuff4baby.com.

► **"The Peaceful Nursery: Preparing a Home for Your Baby with Feng Shui"** by Laura Forbes Carlin and Allison Forbes (Bantam Dell, 2006, \$15). Here comes the ultimate home and lifestyle guide for those parents interested in the calming arts. From how to decorate and organize, to establishing a healthy environment and creating good energy for baby's new room, these two sisters prepare you for your new life – and new home – in a way that may better prepare you for all the changes in store. A sweet and gentle way to nurture you and your baby.

► **"Babyspace Idea Book"** by Suzanne Stirling (The Taunton Press, 2006, \$14.95). Looking for ideas on how to create the right nursery for your child? Considering theme, safety, style and creativity when developing plans for a child's bedroom, shared spaces or play areas? This book talks about color psychology, whimsical designs, magical schemes, and more. Rooms are shown in multiple designs to give you a feel for flexibility while offering you classical and modern styles, functionality and inspiration in a

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