

# XIV. English Books

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# I. Pregnancy

Ic.4. BALASKAS Janet

## **Easy Exercises for Pregnancy**

F. Lincoln, 1997, 95 p.

A programme of gentle exercises to encourage a relaxed and healthy pregnancy, improve posture and relieve discomfort, and to reduce tiredness and stress while preparing for birth and motherhood.

Ic.6. BALASKAS Janet

## **New Natural Pregnancy**

Gaia Books Limited, 1998, 95 p.

This book helps expectant mothers to enjoy the experience of pregnancy. It also enables women to take responsibility for their own health - and that of the baby - at a time when a healthy lifestyle and natural healthcare will enhance the development of their baby and the wellbeing of both mother and child.

It is a clear and practical guide to self-help treatments for the common physical and emotional ailments that may arise. Janet Balaskas offers further advice on osteopathy, reflexology, acupuncture, shiatsu, herbalism, homeopathy, Bach flower remedies, hypnotherapy and counselling in pregnancy.

Ic.9. BALASKAS Janet

## **Preparing for birth with Yoga**

Element Books Limited, 1999, 224 p.

Yoga is a deeply effective exercise system for the months of pregnancy, childbirth and beyond.

Beautifully illustrated throughout, this inspiring book is the most comprehensive and practical handbook ever written on the use of yoga in pregnancy. The book explains:

- \* Why we need yoga in pregnancy and how it can prepare us effectively for giving birth
- \* How the force of gravity influences our bodies beneficially during pregnancy and birth
- \* Gentle and safe easy-to-follow yoga exercises graded for the beginner as well as the more advanced practitioner
- \* How yoga can relieve stress, strengthen the body and help it to become more supple

Completely unstraining, it can provide the key to a relaxed and enjoyable pregnancy, activating the energy that empowers us to give birth to a new life.

Janet Balaskas is the founder of the Active Birth Movement. She has an international reputation for her work as a childbirth educator and activist and is the author of numerous books. She has developed this system of yoga over the last fifteen years. Yoga inspires the pregnant woman to be in touch with herself. The practice of awareness of her breath, body, mind and feelings enables her to stay in harmony with her child throughout pregnancy and gives her the confidence to follow her instincts while giving birth and as a mother.

Ic.15. DALE Barbara / ROEBER Johanna

## **The pregnancy exercise book**

Pantheon Books, 1982, 129 p.

It is a book with gentle effective exercises designed to make pregnancy more comfortable and labor and delivery less painful with exercises to keep fit during pregnancy, prepare for childbirth, and get back in shape after delivery.

Ic.19. KITZINGER Sheila

## **Pregnancy day-by-day**

Dorling Kinderley: Aug, 1990, 126 S.

A unique combination of practical advice and personal record. An accessible and informative guide to care during pregnancy. Your own personal diary of your pregnancy. Features special photographs of women at every stage of pregnancy, with

illustrations of the baby and Lennart Nilsson's amazing photographs of the developing fetus.

Ic.33. EISENBERG Arlene, MURKOFF Heidi E., HATHAWAY Sandee E., B.S.N.

## **What to expect when you're expecting**

Angus & Robertson 1997, 423 pages

This Australian book is a pregnancy guide in a comprehensive month-by-month format from the planning stage through to returning home with your baby.

It contains complete information on choosing a caregiver for your baby, prenatal diagnosis, exercise, childbirth options, second pregnancies, having a caesarean, and practical tips on coping with common and not-so-common symptoms.

Id.10. VERNY Thomas, Dr./ KELLY John

## **The Secret Life of the Unborn Child**

**A remarkable and controversial look at life before birth**  
Warner Books, London 1999, 240 p.

This book presents for the first time the challenging results of two decades of painstaking international research into the earliest stages of life. Dr Verny's evidence of intelligent life in the womb is overwhelming. The new knowledge gives both mothers and fathers an unparalleled opportunity to help their unborn children. Now they can contribute actively - before and during birth - to giving their child happiness and security for the rest of his or her life.

# II. Pregnancy, childbirth and living with baby

II.12. KITZINGER Sheila

## **The new pregnancy and childbirth**

Penguin Books, 1997, 431 p.

This new edition of Sheila Kitzinger's classic guide to pregnancy, labour and early parenthood has been fully revised and expanded to take account of the latest medical developments as well as changes in women's attitudes and lifestyles.

It is a complete, up-to-date manual of physical and emotional preparation for expectant parents it covers the following topics: - Conception - First signs of pregnancy - Screening tests: What are they? Should you have them? - Importance of diet and lifestyle in pregnancy - Pregnancy and the single mother - Giving birth at home - Latest methods of pain relief in labour - Latest obstetric interventions in birth - Latest research into the abilities of the newborn baby - Exercises for before and after birth.

II.14. MORALES Karla / INLANDER Charles B

## **Take this book to the obstetrician with you**

### **A consumer's guide to pregnancy and childbirth**

People's Medical Society / Addison-Wesley Publishing Company, 1998, 224 p.

This is an essential resource for the woman and men who wish to be responsible, active participants in their reproductive healthcare and birth experience.

It helps you decide what to do when you're expecting, providing you with the resources you need to plan the pregnancy and childbirth experience of your choice. Whether you're looking into midwifery or high-risk obstetricians, prenatal or neonatal testing, it gives complete, step-by-step, up-to-the-minute information on where to go, what to ask, what to do.

II.19. JOHNSON Jessica / ODENT Michel

## **We Are All Water Babies**

Dragon's World Ltd, 1994, 128 p.

Water is vital to all forms of life and, as this uplifting book shows, influences human behaviour in many, sometimes surprising, ways. *We Are All Water Babies* examines the phenomenon of swimming babies, the importance of water before, during and after birth, its healing powers at all stages of life and its role in the development of the human race. The text and stunning full-colour photographs help capture:

- \* The phenomenon of swimming babies
- \* The magic of water births
- The links between water, love and mental health
- \* The life-enhancing and joyful relationship between humans and dolphins
- \* The role of water in the development of mankind
- \* The specialist photographic techniques and state of the art equipment employed

II.20. ODENT Michel

## **The Scientification of Love**

Free Association Books, 1999, 116 p.

There is a multitude of specialised approaches exploring the nature of love and how the capacity to love develops. By weaving together data from a broad range of disciplines, Michel Odent is in position to offer a number of preliminary conclusions. During a long phase of the history of mankind, there has been an evolutionary advantage in developing the human potential for aggression rather than the capacity to love. At a time when humanity must invent radically new strategies for survival this book presents food for thought involving a rethinking of pregnancy, childbirth and the welcoming of the newborn, called the primal period.

II.26. STEINGRABER Sandra

## **Having faith**

Perseus Publishing, 2001, 342 p.

In her electrifying new book, Sandra Steinberger, brilliant writer, first-time mother, and respected biologist, explores the intimate ecology of motherhood. Full of beauty and mystery, this month-by-month story of her own pregnancy and childbirth weaves into its telling new discoveries about genetics, the intricate unfolding of embryonic organs, the architecture of the fetal brain, and the astonishing transformation of the mother's body as it prepares to nourish and protect the new life. At the same time, Steingraber reveals the alarming extent to which environmental hazards - from the industrial poisons found in amniotic fluid to the toxic contamination of breast milk - now threaten each crucial stage of infant development. In the eyes of an ecologist, the mother's body is the first environment, the mediator between the chemicals - both nourishing and dangerous - in our food, water and air and her unborn child. Never before has the metamorphosis of a few cells into a baby seemed so astonishingly vivid, and never before have the environmental dangers to conception, pregnancy and to the continuation of healthy human generations been described with such clarity and urgency. In *Having Faith*, poetry and science combine in both a lyrical celebration and a passionate call to arms.

II.35. NAPIERALA Susanna

## **Water birth - a midwife's perspective**

Bergin & Garvey, 1994, 234 p.

The first chapter gives background information on water and presents the different pioneers of water births. The second chapter deals with birthing options: hospital, alternative births centers, freestanding birth clinics and home birth. The third chapter explains the benefits of water births for mother and baby. The fourth chapter deals with prenatal care and preparation for childbirth and is followed by 12 pages of water birth photos. The next chapter about a do-it yourself water birth pool couldn't be evaluated for its usefulness. The sixth and seventh chapter explains laboring and pushing in water. The last chapter of the book gives through birth stories a feeling of how different water birth can be.

# III. Birth and cesarian

III.6. BALASKAS Janet

## Active Birth

### The new approach to giving birth naturally

The Harvard Common Press, 1992, 250 p.

In an "active birth", a mother moves about freely, finds comfortable positions for labor and delivery, and seldom needs drugs or obstetrical interventions. In Active Birth, Janet Balaskas teaches mothers to develop all of their bodily resources for giving birth, to follow their own instincts, and to take full control of the childbirth experience. Active Birth includes:

- \* Fully-illustrated exercises for a comfortable, energetic pregnancy
- \* Massage for pregnancy and labor
- \* Ways to create the ideal setting for an active birth in the hospital or at home
- \* Positions for labor and birth, for maximum comfort and efficient contractions
- \* The latest information about water birth, and how to plan one
- \* Exercises for recovery and relaxation after the birth
- \* Helpful tips for partners and birth attendants

III.9. COHEN Wainer Nancy / ESTNER Lois J.

## Silent Knife

### Cesarean Prevention and Vaginal Birth after Cesarean

Bergin & Carvey, 1983, 436 p.

Very Competitive and up-to-date information to increase consumer awareness of this complex medical procedure, written with humour as well as some indignation.

III.19. KITZINGER Sheila

## Rediscovering birth

Little, Brown and Company, 2000, 256 P.

Sheila Kitzinger newest book not yet translated to German or French.

The universal experience of pregnancy and childbirth is explored with a closely look at feelings and behaviour in pregnancy, the physical and spiritual experience of giving birth, the role of the midwife, the bonds that are traditionally formed between mothers and midwives and ideas about birth in many different cultures.

In this book it is not only the birth educator speaking but also the respected social anthropologist that she is.

III.34. GOER Henci

## The Thinking Woman's Guide to a Better Birth

### Practical information for a safe, satisfying childbirth

Perigee Book, 1999, 367 p.

As an intelligent woman, you are probably used to learning as much as you can before making major decisions. But when it comes to one of the most important decisions of your life - how you will give birth - it is hard to gather accurate, unbiased information. Surprisingly, much of the research does not support common medical opinion and practice.

This book gives clear, concise information based on the latest medical studies. It helps you compare and contrast your various options and shows you how to avoid unnecessary procedures, drugs, restrictions, and tests. The book covers:

cesareans, breech babies, inducing labor, ivs, electronic fetal monitoring, rupturing membranes, coping with slow labor, pain medication, episiotomy, vaginal birth after a cesarean, doulas, deciding on a doctor or midwife, choosing where to have your baby, and much more.

Easy to read, even without any illustrations, a must to get clear informations. The well done classification makes it easy to consult the book for single chapters.

III.41. LAWRENCE BEECH Beverley A.

## Water Birth Unplugged

### Proceedings of the First International Water Birth Conference

Books for Midwives Press, Cheshire 1996, 146 S.

Im Buch werden die Vorträge der internationalen Teilnehmer, sowohl Forscher als auch Praktizierende, der Ersten Internationale Wassergeburt-Konferenz, gehalten in London 1995, wiedergegeben. Das Buch eignet sich für jeden, der sich rundherum über Wassergeburt informieren möchte. Es reicht von der Physiologie der Wassergeburt, über Berichte von unterschiedlichen Wassergeburt praktizierenden Kliniken in verschiedenen Ländern bis hin zu der Frage, welche Daten es in Zukunft zu sammeln gilt, damit die Wassergeburt als ganzheitlich wissenschaftlich fundierte Alternative zu anderen Geburtstechniken gelten kann. Die Vorteile und Grenzen des Wassers werden ausgiebig diskutiert. Das Wasser wird nicht als Allheilmittel dargestellt, sondern sollte als alternative Schmerzverarbeitung im Rahmen einer sanften Geburt zur Auswahl stehen.

III.49. SEARS William, M.D. and SEARS Martha, R.N.

## The Birth Book

Little, Brown and Company 1994, 269 pages

In this comprehensive, reassuring, and authoritative guide, Dr Bill and Martha Sears, the paediatrics specialists whose books on pregnancy, babies, and parenting have become widely praised bestsellers, thoroughly explore the abundant choices couples face when anticipating the birth of their child. The topics covered in The Birth Book include:

- selecting the right birthing environment and team
- preparing physically and emotionally for childbirth
- using prenatal tests and technology wisely
- defining the father's role
- selecting a childbirth class
- lessening the discomfort and speeding the process of labor
- choosing or avoiding anaesthesia
- finding the birthing position that's best for you and your baby
- decreasing your chances for a caesarean birth
- turning a surgical birth into a rewarding

Since women enjoy more birthing options today than ever before, the path toward a safe and satisfying birth can be fraught with important decisions. Planning, understanding the resources available to you, and developing your own birthing philosophy can make all the difference

# IV. Follow-up after childbirth, postnatal exercises and reorientation

IV.7. KITZINGER Sheila

## **The year after childbirth**

### **Surviving the first year of motherhood**

Oxford University Press ,1994, 304 p.

Becoming a mother is one of the most challenging and exciting times of your life. In *The Year After Childbirth* Sheila Kitzinger offers the information and understanding every woman needs in this turbulent first year. Focussing not on the baby but on you, she discusses the changes you are experiencing - physical, emotional, and in your relationships with other people - and makes practical suggestions for how to cope if things go wrong. The book includes the following topics:

how your body changes - after a Caesarean - relaxation skills - exercise - eating well - turning into 'Mum' - getting over a difficult birth - postnatal depression - developing self-confidence - going back to work - bonding - breastfeeding - sleep - baby massage - the baby's personality and stages of development - childcare - fatherhood - sex - your family and friends - the arrival of a second baby.

# V. Breastfeeding

V.5. BUMGARNER Norma Jane

## **Mothering your nursing toddler**

La Leche League International, 2000, 308 p.

How long are you going to nurse that baby? Six months? Eight months? A year? What if you celebrate your baby's first birthday and your little one is still nursing, with no sign of letting up any time soon?

Many a modern mother has felt as though she has embarked on uncharted waters as she continues to breastfeed a child into toddlerhood. The child's need to nurse is clear - but mother has lots of questions. The author puts the experience of nursing an older baby or child in perspective, within the context of the entire mother - child relationship. She cites biological, cultural, and historical evidence in support of extended breastfeeding and shares stories gleaned from thousands of families in which nursing and natural weaning have been the norm.

With warm insight into the needs of both mothers and children, this book covers what parents need to know about nursing toddlers.

V.7. CAFARELLA Jane

## **Breastfeeding ... naturally**

Nursing mothers' Association of Australia, 1996, 228 p.

The best available book on breastfeeding from downunder. Easy to read, very well structured.

V.14. KITZINGER Sheila

## **Breastfeeding**

Dorling Kindersley Book, 1998, 165 p.

The classic guide to successful breastfeeding, fully revised and expanded to meet the needs of today's new mothers. This book shows marvellous photos of interaction between mothers and babies and of nursing mothers but unfortunately some of the photos show babies with a poor latch on the breast only taking the nipple and sucking it. However in the written text correct latch on is well explained.

V.18. LOTHROP Hannah

## **Breastfeeding naturally**

Fisher Books, 1999, 288 p.

This basic book on breastfeeding includes even more than all important breastfeeding topics (f. ex. Natural remedies, preparing for your baby, living with your baby). 280 pages full of useful informations starting in pregnancy and accompanying you through the first year with the baby.

V.35. SEARS Martha, R.N. and SEARS William, M.D.

## **The Breastfeeding Book**

Little, Brown and Company 2000, 258 pages

In recent years there has been a tremendous resurgence of interest in breastfeeding as women have discovered its unparalleled benefits to both mother and child. However, first-time mothers often lack the support and the knowledge they need to breastfeed successfully. And books on breastfeeding frequently fail to address the practical challenges that confront many women – especially women who work outside the home – when they choose to breastfeed.

For today's nursing mothers, The Breastfeeding Book has comprehensive, reassuring, authoritative information on:

- getting started, with illustrated tips for getting your baby latched on properly
- increasing your milk supply
- breastfeeding in absentia
- pumps and the new technology associated with breastfeeding
- making sure your nursing baby gets proper nutrition
- breast milk vs. formula

- breastfeeding and fertility
- nutrition and fitness while breastfeeding
- nighntimes breastfeeding
- the father's role in breastfeeding
- toddler nursing and natural weaning
- and much more

Taking a realistic, contemporary approach, the Seares bring an age-old practice completely up to date.

V.37 PALMER Gabrielle

## **The politics of Breastfeeding**

Pinter & Martin LTD 2009, 423 pages

This powerful and provocative book shows that breastfeeding is much more than a matter of personal inclination. Women all over the world are stillbeing tricked into feeding their babies artificially and this affects us all: our health, our environment and the global economy.

Gabrielle Palmer asks whether bottlefeeding really does free women to lead more fulfilling lives. She examines social attitudes in a world where a woman who does breastfeed her child risks losing what little income she earns, and alerts us to the commercial reasons behind doctors' recommendations. With an engaging blend of facts, insight and anecdote, Gabrielle Palmer puts infant feeding 'fashions' in their historic and economic contexts. She shows how both poor and rich women suffer the consequences of the male control of a female function.

She discusses the ecological effects of the decline in breastfeeding, the nutritional myths and the implications of such issues as AIDS, radioactivity and breast cancer.

The Politics of Breastfeeding challenges our complacency and radically reappraises a subject which is all too often linked only with nursing mothers.

## VII. Father

VII.12. GRAD / BACH u.a.

### **The Father Book Pregnancy and Beyond**

Acropolis, 1981, 263 p.

A book for expectant fathers being still up to date in content not so in photos.

## VIII. Partnership and family

VIII.1. BING Elisabeth / COLMAN Libby

### **Making love during pregnancy An illustrated Guide for Expectant and New Parents**

Bantam Books, 1977, 165 p.

Both pregnancy and sexuality have long been taboo subjects. Even the medical profession has been hesitant to explore them. We are only beginning to learn how normal, healthy couples respond in their personal lives to this big event. As the taboos fall away, we are beginning to see that many fears are ungrounded. Pregnancy, like sexuality, can become a part at life filled with great satisfaction and joy.

# IX. Children

## IXa.5. KLAUS Marshall and Phyllis **Your amazing newborn**

Perseus Books, 1998, 114 p.

In stunning photographs, all of babies less than two weeks old, this unique book illustrates the incredible new findings of research on newborns. Newly identified abilities such as reaching are shown in exciting detail, as are the beautiful choreography between infants and parents, new discoveries about the five senses, the wonderful adaptation of adopted newborns, and above all that first spark of recognition that ignites a lifetime bond.

## IXb.14. WALKER Peter

### **Baby Massage**

#### **A Practical Guide to Massage and Movement for Babies and Infants**

Judy Piatkus (Publishers) Ltd, 1998 128 p.

Massage offers a special way of caring for your baby. In this practical guide, you will discover easy-to-learn massage routines and flexibility exercises which will help you to nurture your child through the crucial early stages of development. Peter Walker shows how, by introducing gentle massage movements and by nourishing your baby's skin with oils, you can help the bonding process and soothe your newborn. He then provides simple massage routines and playful exercises for babies from 2 months upwards.

Massage is the oldest and most natural of the healing arts. It can be used to:

- ✓ Build a loving bond with your baby
- ✓ Soothe and comfort a fractious child
- ✓ Promote relaxation and confidence
- ✓ Strengthen the cardiovascular and immune systems
- ✓ Aid digestion
- ✓ Improve co-ordination and posture
- ✓ Help your child maintain flexibility as he or she becomes more mobile
- ✓ Increase the health and vitality of children with special needs.

## IXc.17. SEARS William M.D./ La Leche League International Book

### **The fussy baby**

#### **How to bring out the best in your high-need child**

Signet, First Signet Printing, December, 1989, 192 p.

How do you cope with a crying baby, especially one who keeps fussing even after feeding, burping, walking, rocking, and cuddling? Should you pick the baby up every time he cries? Every new parent asks these questions at some point. Parents of fussy babies ask them every day. If you use words like supersensitive, demanding, unpredictable, uncuddly, and draining to describe your baby, you have a high-need child, one who requires an extra measure of empathy and patience. With warmth and wisdom, Dr. William Sears, a renowned paediatrician and father of six, gives you expert advice.

## IXc.31. BALASKAS Janet

### **Natural baby**

Gaia Books, 2001, 191 S.

## IXc.36. KARIMIOFF-SMITH Annette

### **Baby it's you**

Ebury Press, 1994, 256 S.

Walking upright, using tools, talking, thinking and interacting socially – these are all characteristics that define us as human beings, separate from the rest of the animal world. Yet these skills do

not come easily, the new baby must absorb more information in his first two years than he will deal with for the rest of his life. From baby gurgles to the sophisticated storytelling of the four-year-old, and from the first struggle to sit unaided to running, skipping, and climbing stairs: this is when the baby develops from a helpless organism into a small human being. It's an extraordinary journey, but once completed it is usually taken for granted.

## IXc 39. SEARS William, M.D. and SEARS Martha, R.N. **The Baby Book**

Little, Brown and Company 1993, 689 pages

Dr Bill and Martha Sears draw from their vast experience both as medical professionals and as parents to provide authoritative, comprehensive information on virtually every aspect of infant care. The Baby Book focuses on the essential needs of babies – eating, sleeping, development, health, and comfort – as it addresses the questions of greatest concern to today's parents. The topics covered include:

- bonding with your baby
- feeding your baby right
- soothing your fussy baby
- getting your baby to sleep
- understanding your baby's development
- treating common illnesses
- babyproofing your home
- toddler behaviour
- dealing with temper tantrums
- toilet training
- working and parenting
- and much more

The Baby Book presents a practical, contemporary approach to parenting that reflects the way we live today. The Seases acknowledge that there is no one best way to parent a baby, and they offer the basic guidance and inspiration you need to develop the parenting style that best suits you and your child.

## IXc.40. FOWLER Cathrine & GORNALL Patricia **How to Stay Sane in Your Baby's First Year**

Tresillian Family Care Centres 1996, 264 pages

This Australian book is not really new but has a lot of sound advice still being up to date. It covers a lot of topics to help to cope with the baby in his first year.

The book gives information on baby's development on feeding babies, weaning of the baby, travelling with babies, sick babies and of leaving your baby in care.

## IXd.5. JACKSON Deborah

### **Three in a bed**

#### **The benefits of sleeping with your baby**

Bloomsbury Publishing, 1999, 312 p.

Three in a Bed is the classic childcare manual for parents seeking an alternative to broken nights. This new edition includes exciting new evidence, vividly describing the many ways in which babies and parents can benefit from sharing a bed. It details the invaluable benefits for breastfeeding mothers, reviews the history of babies in the bed and, through interviews with parents, explores current attitudes to the idea. It also contains a new perspective on the tragedy of cot death, as well as practical advice on how to sustain your sex life, hints on safety in the bed and answers to all the common objections. Finally, the author deals with the moment when the baby leaves his parents' bed.

If you are a parent, or a parent-to-be, the approach advocated in this book could change your life. After all, one half of our parenting could be done at night.

#### IXd.9. THEVENIN Tine

##### **The Family Bed**

Avery Publishing Group Inc., 1987, 159 p.

The sharing of the family bed by parents and their children is no modern notion. From cave to castle, all over the world, group sleeping was accepted as the norm. It has only been within the last 150 years that modern Western "authorities" have discouraged this practice.

Now there is a book that puts this age-old concept into perspective. *The Family Bed* explores the pros and cons, the joys and irritations that occur when children sleep with their parents. What emerges from this book is a way to solve nighttime problems with young children and a means of creating a closer bond between family members, giving children a greater sense of security.

#### IXd.13. MC KENNA James J. Ph.D.

##### **Sleeping with your baby**

Platypus Media, LL.L., 2007, 128 S.

Sleeping with your baby has been the norm for almost all cultures through almost all ages. Yet, in our modern world, the practice is fraught with questions and guilt. In *Sleeping with Your Baby: A Parent's Guide to Co sleeping*, a world-wide recognized co sleeping authority examines why simplistic recommendations against any and all forms of co sleeping are not only scientifically inappropriate, but dangerous and morally wrong. Walking readers through various ways to safely co sleep, whether bed sharing or not, this book provides the latest information on the potential scientific benefits of co sleeping. Complete with sections on minimizing hazards and risks, this book explains why and how to sleep with your baby.

It explains not only the benefits of co sleeping for the breastfeed baby and the breastfeeding mother, but for the bottle feed baby too. It clearly explains that sleeping through the night alone is not promoting the child's ability to be independent. Independence and autonomy have nothing to do with self-soothing or forcing babies to learn how to sleep by themselves. Studies quoted by Mc Kenna can even prove that children who had coslept are making friends more easily, are more innovative, better able to control their tempers and are better problem-solvers.

#### IXf.15. Dr. WENDY S. MASI

##### **Toddler play**

New Holland Publishers (Australia) Pty Ltd, 2001, 192 pages

Engaging toddlers in fun-filled play is one of the most practical ways to ensure they receive the best start in life. The book provides ideas and inspiration to enliven quality playtime and satisfy your toddler's innate enthusiasm for learning.

In addition to being a lot of fun, each of the 100 toddler-tested activities has the added benefit of providing children with the foundations for many of the skills they'll need in preschool.

#### IXf.16. SILBERG Jackie

##### **Games to Play with Two Year Olds**

Gryphon House, inc., 2002, 256 pages

Hundreds of games to play with your tow-year-old!

The book with 200 ideas for games is packed with opportunities to build confidence and to enhance language, coordination, social interactions, and problem-solving skills. *Games to Play with Two-Year-Olds* is a must-have for anyone caring for a child between the ages of two and three. Enjoy nursery rhymes and singing games, quit games, and car games.

#### IXf.17. ROWLEY Barbara

##### **Baby Days**

Hyperion 2000, 289 pages

There's a lot of information out there about what parents should be doing with their children from birth through age three, all of it

made more compelling by research showing that these may be the pivotal years in a child's development.

As much as parents may want to follow the advice of experts – including the recent mandate of the American Academy of Pediatrics that children under two should watch no television – finding enough alternate activities to fit the busy life, budget, and energy levels of the average parent – as well as the attention span and abilities of the typical baby and toddler – isn't easy.

This book explores ways to entertain, educate, and enjoy a young child and the parents during the course of an average day. Whether you are trying to cook a meal with a toddler, or are looking for a new way to get your child into the tub, happy in the restaurant, entertained in the car, or involved in the holidays.

#### IXg.9. LIEDLOFF Jean

##### **The Continuum concept**

Arkana Penguin Books, 1989, 168 p.

"Deserves to be read by Western parents, psychologists and other social engineers concerned with restoring self-reliance and well-being .... there are remarkable insights here" *The New York Times Book Review*

Jean Liedloff spent two and a half years deep in the South American jungle living with Stone Age Indians. The experience demolished her Western preconceptions of how we should live, and led her to a radically different view of what human nature really is. She offers a new understanding of how we have lost much of our natural well-being and suggests practical ways to regain it for our children and for ourselves.

# X. Special situations

X.b.6. KERKHOFF GROMADA Karing

## **Mothering Multiples**

### **Breastfeeding and Caring for Twins and more**

La Leche Ligue International, 2000, 353 p.

The author herself a mother of twins and a maternal child health care nurse proffers invaluable information with an emphasis on breastfeeding and attachment-style parenting. The book deals with the following topics:

- \* Pregnancy: Twins, triplets or more, high risks is this fact or fiction, Getting ready for breastfeeding, household preparation
- \* Birth and Early Breastfeeding: Beginning breastfeeding and effective breastfeeding, Multiples in neonatal intensive care
- \* Teamwork: Baby-and mother-related breastfeeding difficulties, Problem prevention during hospitalization, Full vs. partial breastfeeding
- \* Babies' Care: Enhancing individuality, Fussy babies, Getting enough sleep, Clothing and equipment for multiples
- \* Family: Adjusting as a couple, Older siblings of multiples, Streamlined housekeeping
- \* Older Babies and Toddler Multiples

Xd.16. LOTHROP Hannah

## **Help, Comfort & Hope after losing your baby in Pregnancy or the first Year**

Fisher Books, 1997, 280 p.

This special book speaks to those who have lost a child through miscarriage, stillbirth, neonatal death, sudden infant death and termination of pregnancy. Is is also for the caregivers who help them through this difficult time. The voices of other parents who have suffered the devastation of their baby's death are heard throughout this warmly written, insightful book.

Part one guides parents through the experience of bereavement, from shock to a time of renewal and coping. Hannah Lothrop gently suggests what has helped other parents in this situation and might help you: ideas that are both comforting and practical for working through grief, shared with compassion and understanding.

Part Two provides specific information for caregivers in the hospital and those providing care for the family. These caregivers may include hospital staff, ministers, childbirth educators, funeral directors and support-group members. An extensive resources section helps parents identify additional sources of support.

Help, Comfort & Hope after Losing Your Baby in Pregnancy or the First Year can help parents consecrate their precious memories of this pregnancy, this baby. And with empathy and first-hand knowledge, Hannah Lothrop also helps bereaved parents start an important healing process that resolves grief into acceptance.

# XI. Books on ecology

XI.11. STANWAY Dr. Penny

## **Green babies**

### **Practical guidance for today's parents**

Eddison Sadd Editions, 1990, 192 p.

A green baby is a baby whose parents recognize that they can protect their child from the ill-effects of modern industrialization. And green parents are prepared to change their lifestyle to minimize damage to the environment. This hard-hitting practical guide tells parents:

-which baby products pollute the environment - how chemicals used in farming can harm an unborn baby - how to make your home environmentally sound - why breastfeeding is safer than bottle-feeding - why nappies create one of the world's worst waste disposal problems - and what to do about it - how a man's diet affects his fertility - the minerals that help and the metals that harm your child's health - the organic alternatives to modern food production - why human relationships are an important natural resource.

# XV. Scientific books related to pregnancy, birth and breastfeeding

XV.2. BLAFFER HRDY

## **Mother Nature**

### **Natural Selection and the female of the species**

Chatto & Windus Random House London, 700 p.

This groundbreaking book by one of the world's leading sociobiologists radically changes the way we think about natural selection and maternal behaviour. Until now, evolutionary biology has focused on men, and the picture has been incomplete. But recent years have seen a dramatic swing in the way Darwinians think about females - and Sarah Blaffer Hrdy has been in the forefront of that change.

Here at last is a brilliant, provocative, wide-ranging history of the female of the species - in the natural world in primitive societies, in hi-tech nations on the brink of the twenty-first century. Hrdy looks afresh at our concept of maternity, explaining what it actually means, in biological and genetic terms, to talk about "maternal instincts". Drawing on anthropology, history, literature and myth, looking at animals, birds and insects as well as people, and exploring new developments in neuroscience and biology, she abolishes old stereotypes and radically expands the concept of female nature. At last we begin to comprehend the selection pressures and processes acting on mothers and infants. Stripped of the old self-sacrificing images, the mothers that emerge resemble a new life form, alien and remarkable.

Fully illustrated, packed with examples and evidence, and richly informed by up-to-the-minute science, *Mother Nature* is a milestone in our grasp of how Natural Selection works, and how it still shapes women's choices. Vivid, moving and utterly fascinating, it delves into the ancient tensions between men and women; it transforms the debate about who needs to care for babies; it explains just what infants actually need from mothers, and why, in short, Hrdy uses Darwinian theory to do for mothers and children what Darwin did for species and for males. Her message could not be more timely. The choices mothers make today plot the future of the human race.