

Recommended Consumer Books on Pregnancy and Childbirth

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The following is a list of recommended consumer health books on the topics of pregnancy and childbirth and including books for the father-to-be, depression during and after childbirth, multiple pregnancy, and healthy eating during and after pregnancy.

Pregnancy

Curtis, Glade B and Schuler, Judith. *Your Pregnancy Week by Week*. 6th Rev. ed.; Cambridge, MA: DaCapo Press, 2008. ISBN 07388211095.

Includes week by week descriptions of changes in you, how is your baby developing, how what you do impacts your developing baby, and more.

Douglas, Ann. *The Mother of all Pregnancy Books*. NY, Hungry Minds, 2002. ISBN 0764565168. This large book covers all aspects of pregnancy including diet and exercise, breast feeding, and fetal development. It also includes sections on difficult issues such as infertility, miscarriages, and infant loss.

Douglas, Ann. *The Unofficial Guide to Having a Baby*. 2nd. ed; NY: Wiley, 2004. ISBN 076454148x. This is a book chock full of advice for the Mom and Dad to be.

Evans, Joel M, with Aronso, Robin. *The Whole Pregnancy Handbook: An Obstetrician's Guide to Integrating Conventional and Alternative Medicine Before, During and After Pregnancy*. NY: Gotham Books, 2005. ISBN 1592401112.

This book embraces the philosophy that mind and body work together and illustrates how to have a healthy pregnancy by using complementary and alternative treatments such as acupuncture, massage, herbal medicine and mind body exercises. It also includes sections on yoga and pain management techniques.

Geil, Patti and Hieronymous, Laura B. *101 Tips for a Health Pregnancy with Diabetes*. Alexandria, VA: American Diabetic Association, 2003. ISBN 1580401309.

American Diabetes Association's book that helps women with diabetes cope with pregnancy.

Harms, Roger W, Ed. *Mayo Clinic Guide to a Healthy Pregnancy*. NY: Harper Resources, 2004. ISBN 00607746378.

This book contains week by week accounts of baby's development, how to guides for selecting a health care provider and prenatal testing options. It includes how pregnancy is affected by previous health conditions such as diabetes and much more.

Koren, Gideon. *The Complete Guide to Everyday Risks in Pregnancy and Breastfeeding: Answers to your Questions about Morning Sickness, Medications, Herbs, Diseases, Chemical Exposures, and More*. Toronto: Gideon Koren, 2004. ISBN 0778800849.

This book discusses the risks associated with pregnancy and breastfeeding from prescription drugs, diseases, chemicals, vitamins, herbs, foods, alcohol, cigarette smoke, recreational drugs and more.

Lichtman, Ronnie; Simpson, Lynn L and Rosenfeld, Allan. *Dr. Guttmacher's Pregnancy, Birth, and Family Planning*. NY: New American Library, 2003. ISBN 0451198891.

An all inclusive guide to pregnancy that includes information on genetic testing, infertility, home birth, and others.

Martin, Paula Ford, with Aron, Elizabeth A. *The Everything Pregnancy Book: What Every Woman Needs to Know, Month-by-Month, to Ensure a Worry Free Pregnancy*. 3rd ed; Avon, MA: Adams Media Group, 2007. ISBN 1598692860.

This guide has information on everything from how to budget for a new baby, understanding tests and screening to preparing for labor and delivery. It also includes sections on why you should stay active, exercises during pregnancy and dealing with the emotional and physical changes.

Murkoff, Heidi; Eisenberg, Arlene and Hathaway, Sandee. *What to Expect When You're Expecting*. 3rd ed; NY: Workman Publications, 2002. ISBN 089480829x.

This book not only includes all the traditional aspects of pregnancy but also includes sections for working mothers, fathers-to-be and pregnancy diets.

Poliakin, Raymond I. *What you Didn't Think to Ask Your Obstetrician*. 3rd ed; McGraw-Hill, 2007. ISBN 9780071472265.

This book is easy to use and is written in an easy-to use question and answer format. It also contains sections on elective c-sections as well as many of the latest diagnostic tests in addition to diet, exercise, risks for miscarriage, postpartum depression and more.

Stoppard, Miriam. *Conception, Pregnancy and Birth*. Revised ed; NY: DK Publications, 2005. ISBN 156458129.

This is a beautifully illustrated book with case studies in common issues from infertility to how to care for premature babies. It provides practical advice on all aspects of prenatal care.

Charlish, Anne. *Pregnancy: The Natural Way*. NY: Southwater, 2006. ISBN 1844761746.

This book discusses complementary therapies for common problems encountered during pregnancy as well as pain relief the natural way.

Pregnancy and the Father-To-Be

Bissinger, Craig. *Pickles and Ice Cream: a Father's Guide to Pregnancy*. Parsippany, NJ: Workliff Consultants, 2004. ISBN 0966879228.

This is a comprehensive guide to pregnancy which is informative and witty.

Curtis, Glade B and Schuler, Judith. *Your Pregnancy for the Father-To-Be: Everything Dads Need to Know About Pregnancy, Childbirth and Getting Ready for a New Baby*. Cambridge, MA: Perseus Pub., 2003. ISBN 1555613454.

This is a book which will help Dads to understand pregnancy from the first signs to the delivery.

Nutrition and Exercise in Pregnancy and After

Byrne, Helene. *Exercise After Pregnancy: How to Look and Feel Your Best*. 2nd ed; Berkeley, CA: BeFit-Mom, 2007. ISBN 0977091716.

Includes many photos which illustrate proper stretching techniques, lifting positions and workout programs.

Clap, James F. *Exercising Through Your Pregnancy*. Omaha, NE: Addicus Books, 2002. ISBN 1886039593. This book discusses the effects of exercise on woman and children and well as a discussion of the debate surrounding strenuous exercise during pregnancy.

Jones, Catherine and Hudson, Rose Ann. *Eating for Pregnancy: An Essential Guide to Nutrition with Recipes for the Whole Family*. NY: Marlowe and Co., 2003. ISBN 1569245118.

A cookbook and nutrition guide for the mother-to-be. It also covers optimum weight gain, and requirements of diabetic, vegetarian and vegan diets.

Ricciotti, Hope and Connelly, Vincent. *The Pregnancy Cookbook*. Revised and expanded. NY: WW Norton and Co: 2002. ISBN 0393323110.

This book has advice on vitamins and mineral intake, what foods to eat and which to avoid and includes lots of recipes for a healthy pregnancy.

Childbirth

Gaskin, Ina May. *Ina May's Guide to Childbirth*. NY: Bantam Books, 2003. ISBN 0553381156.

Written by a midwife this is a guide to natural childbirth and includes interesting background information about how women in ancient civilizations gave birth.

Lothian, Judith and DeVries, Charlotte. *The Official Lamaze Guide: Giving Birth with Confidence*. NY: Meadowbrook Press, 2005. ISBN 0684031744.

The official Lamaze Guide is written in easy-to-understand terms.

Pregnancy and Disabilities

Rogers, Judith. *The Disabled Woman's Guide to Pregnancy and Birth*. 2nd ed; NY: Demos Medical Pub, 2006. ISBN 193603085.

This guide is a comprehensive and useful guide based on real life experiences. It is written with empathy and filled with practical advice.

Pregnancy and Childbirth and Depression

Misri, Shiela K. *Pregnancy Blues: What Every Woman Needs to Know About Depression During Pregnancy*. NY: Delacourt Press, 2005. ISBN 038533866x.

Written by a reproductive psychiatrist and drawing on her own research and case studies, this book addresses how to recognize the signs and symptoms of depression, the role of hormones, how to treat and discusses the role of fathers.

Pregnancy, twins and other multiples

Luke, Barbara and Eberlein, Tamara. *When You're Expecting Twins, Triplets or Quads: A Complete Resource: Proven Guidelines for a Healthy Multiple Pregnancy*. 2nd ed; NY: Quill, 2004. ISBN 0060957239.

This book outlines a practical, nutrition-based program including over 50 recipes. It also includes information on reducing the risk of complications.