

Cape Breton Regional Library



Prenatal Resource Guide

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Cape Breton Regional Library

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(902) 562-3161 (McConnell Library, Sydney)

The following resources are available at Cape Breton Regional Library. For more information, or to request a book, phone your local library branch or visit our website www.cbri.ca .

Pregnancy Guides

Boston Women's Health Collective. ***Our Bodies Ourselves Pregnancy and Birth***. New York: Simon and Schuster, 2008. This comprehensive guide includes all the standard information as well as highlighting some of the cultural and political issues of childbearing and parenting. Research-based articles, personal stories from mothers, and many photos and diagrams make this an excellent resource.

Chopra, Deepak. ***Magical Beginnings Enchanted Lives: a holistic guide to pregnancy and childbirth***. New York: Three Rivers Press, 2005. Deepak Chopra and his Chopra center colleagues David Simon MD and Vicki Abrams have created a rich blend of mind-body medicine for pregnancy and childbirth that recognizes childbearing as a spiritual, as well as a physical, process.

Curtis, Glade. ***Your Pregnancy Week by Week*** . Cambridge, MA: Da Capo, 2008. Another very popular pregnancy guide, it will tell you everything you need to know and is in a convenient calendar format.

Farrugia, Mary. ***Canada's Pregnancy Care Book***. Toronto: R. Rose, 2009. A complete, balanced, and Canadian perspective on pregnancy.

Kitzinger, Sheila. ***Complete Book of Pregnancy and Childbirth***. New York: Knopf, 2004. An in-depth look at both the baby's and the mother's physical and emotional development during pregnancy. This book stands out for its complete and educated look at childbirth choices for mothers-to-be. Colour photos and diagrams enhance the text.

Lipps, Brian. ***Playskool Guide for Expectant Fathers***. Naperville, IL: Sourcebooks, 2007. Month-by-month chapters explain what is happening to baby, Mom, and Dad, with practical suggestions on such issues as getting ready for baby, work and child care.

Murkoff, Heidi. ***What to Expect When You're Expecting***. 4th Ed. New York: Workman, 2008. Probably the most-read pregnancy guide, this standard is full of great information. The 2008 edition has improved over earlier editions which were criticized for promoting fear by focusing on medical complications.

Stone, Joanne. ***The Pregnancy Bible***. Richmond Hill: Firefly, 2008. A complete pregnancy guide with great colour photos throughout.

Roizen, Michael F. ***You: Having a Baby: The Owner's Manual to a Happy Healthy Pregnancy***. New York: Free Press, 2009. Casual yet informative guide. A section on the baby's brain development describes what the newborn will and won't have the ability to experience through their senses.

Childbirth

Cassidy, Tina. ***Birth: A History***. London: Chatto & Windus, 2007. A historical account of how birthing practices have evolved along with modern medicine.

Gaskin, Ina May. ***Ina May's Guide to Childbirth***. New York: Bantam Books, 2003. A must-read for people interested in all natural childbirth and understanding how the mind-body connection can affect birth.

Pregnancy Diet and Fitness

Bowden, Jonny. ***100 Healthiest Foods to Eat during Pregnancy***. Beverly, MA: Fair Winds Press, 2009. Their compilation of 100 healthy foods is organized by trimester for the strongest nutritional impact on the developing baby. Each food, herb, spice, or supplement is given a spread of text with nutritional information.

DiFiori, Judy. ***Pregnancy Exercise Book***. New York: Harper, 2000. Spiral bound format make this a convenient workout partner.

Jones, Catherine. ***Eating for Pregnancy***. Cambridge, MA: Marlow & Co, 2009. Combines both recipes and nutritional advice aimed specifically at the mother-to-be. Includes recipes for diabetic, vegetarian and vegan diets.

Khalsa, Shakta. ***Yoga for Women***. New York: DK, 2002. Khalsa focuses on Yoga poses benefiting women's concerns, among them menstruation, breast care, pregnancy, birth and menopause. Step-by-step instructions accompanied by color photographs.

Olson, Cathe. ***Vegetarian Mother's Cookbook***. Santa Maria, CA: GOCO Pub, 2005. A vegetarian cookbook divided into sections for breakfast, lunch, supper, snacks, and beverages. Introductory pages feature useful tips for what to eat during each stage of pregnancy and while breastfeeding.

DVDs

The Business of Being Born. 2007. Following the producers in their pregnancy and birth experiences, this documentary demonstrates the joys of homebirth and critiques American hospital practices. While it's clearly promoting homebirth for most pregnancies it also acknowledges the necessity of hospital birth in some cases. Live birth footage is inspiring and emotional.

Laugh and Learn about Childbirth. 2007. In this 4 hour prenatal class, Sheri Bayles, RN, explains the stages of labour and delivery, describes pain-relieving options, and teaches breathing techniques to help throughout labour.

Life's Greatest Miracle. 2001. A PBS Nova presentation featuring fascinating facts on the biological process of conception and fetal development. Although it shows a live birth, and talks about pregnancy experience a little it is more focused on the early stages of new life being created.

Nine Magical Months. 2008. This UK DVD follows three women through their pregnancies – each in a different trimester and also follows one woman through labour and birth. Although most women will be able to relate to these experiences, health care practices and labour laws are different in the UK.

Prenatal Fitness Fix. 2006. Presents a good mix of workout styles – especially strengthening and Pilates. Features an all-over 40 min workout and a 20 minute workout you can do with your partner.

Rea, Shiva. **Prenatal Yoga.** 2005. Shiva Rea is known for well made but intense Yoga workouts. Luckily this prenatal workout is both gentle and challenging and offers options for modifying poses based on trimester.

Downloadable Ebooks

- Hill, Christine. **Christine Hill's Pregnancy Guide.** London: Ebury Publishing, 2009.
- Bowden, Jonny. **100 Healthiest foods to eat during pregnancy.** Minneapolis: Rockport, 2009.
- Neal, Lisa. **Feeding the Bump.** Sydney: Allen & Unwin, 2008.
- Koch, Amy Tara. **Bump It Up: Transform Your Pregnancy into the Ultimate Style Statement.** New York: Random House, 2011.
- Kaz, Cooke. **Rough Guide to Pregnancy and Birth.** New York: Rough Guides, 2010.

Eco-Friendly Babies

- Hatch, Joy. **Eco-nomical Baby Guide.** NY: Stewart, Tabori & Chang, 2010. Practical advice on saving the choosing baby gear to save the environment and money.
- Greene, Alan. **Raising Baby Green.** San Francisco: Jossey-Bass, 2007. Everything from what to take with you to the delivery room to questions to ask hospitals about how green they are.
- Dolan, Deirdre. **The Complete Organic Pregnancy.** New York: Collins, 2006. Advice on creating an environmentally friendly and toxin-free existence for you and your baby.

Also ask your library for books and DVDs on these topics:

- Pregnancy and mental health
- Multiple births
- High-Risk Pregnancies
- Breastfeeding
- Baby Name Books
- Infant Care and Development