



## Recommended Book Lists

### Lactation

*The Nursing Mother's Companion.* (2005) Kathleen Huggins  
*The New Mother's Guide to Breastfeeding* (2006) J. Meek  
*The Womanly Art of Breastfeeding* (2004) La Leche League International

### Infant

*Caring for Your Baby and Young Child.* (2004) Stephen Shelov, Robert Hennemann & Catherine DeAngelis (eds)  
*Everything You Need to Know About Your Baby from Birth to Age Two.*(2003) William & Martha Sears  
*The First Twelve Months of Life: Your Baby's Growth Month by Month.*(1995) Frank & Theresa Caplan  
*The New First Three Years of Life.* (1995) Burton L. White  
*What to Expect the First Year.* (2003) Arlene Eisenberg, Heidi Murkoff & Sandee Hathaway  
*Your Baby and Child: From Birth to Age Five.* (1997) Penelope Leach  
*Your One-Year-Old: The Fun Loving, Fussy 12–24 Month Old.* (1995) Louise Ames & Frances Ilg  
*Touchpoints – Birth to Three* (2006) T. Berry Brazelton  
*First Year Baby Care: An Illustrated Step-By-Step Guide.* (2005) Paula Kelly, M.D. (ed)

### Toddler/Pre-Schooler

*The Magic Years: Understanding and Handling the Problems of Early Childhood.* (1996) Selma Fraiberg  
*The Second Twelve Months of Life.* (1982) Frank & Theresa Caplan  
*Where Did I Come From?* (1990) (for Preschool on up) Peter Mayle  
*Touchpoints – Three to Six* (2002) T. Berry Brazelton  
*Happiest Baby on the Block* (2003) Harvey Karp  
Authors Louise Ames & Frances Ilg – multiple titles for ages 2-5

### School-Age

*Caring for your School-Age Child: Ages 5-12.* (1999) Edward L. Schor, MD. (ed)  
Authors Louise Ames & Frances Ilg – multiple titles for ages 6-14  
*Kids, Parents and Power Struggles* (2001) Mary Sheedy Kurcinka  
*Queen Bees and Wannabees* (2003) Rosalind Wiseman  
*What to Do When You Worry Too Much: A Kids Guide to Overcoming Anxiety (age 9-12 years)* (2005)  
Dawn Huebner & Bonnie Matthews  
*What to Do When You're Scared and Worried: A Guide for Kids (grade 5-8)* (2004) James Crist

### Adolescent

*Reviving Ophelia* (2005) Mary Pipher and Ruth Ross  
*Raising Cain* (2000) Dan Kindlon and Michael Thompson  
*American Academy of Pediatrics: Caring for Your Teenager* (2003) Phillip Bashe and Donald E. Greydanus, MD. (ed)  
*Changing Bodies, Changing Lives: A Book for Teens on Sex and Relationships.* (1998) Ruth Bell  
*What's Happening to My Body? Book for Boys: A Growing-up Guide for Parents & Sons.* (2007) Lynda Madaras  
*The Period Book* (2006) Karen Gravelle and Debbie Palen  
*The Care and Keeping of You: The Body Book for Girls* (American girl library) Valorie Schaefer & Norm Bendell

## **Nutrition**

*Complete Baby & Child Care.* (2008) Miriam Stoppard

*Dr. Mom: A Guide to Baby and Child Care.* (1987) Marianne Neifert, M.D.

*Guide to Your Child's Nutrition.* (1999) Loraine Stern MD & William Dietz MD. (eds) (American Academy of Pediatrics)

*How to Get Your Kid to Eat... But Not Too Much.* (1987) Ellyn Satter

*Secrets of feeding a healthy family: Orchestration and enjoying the family meal* (2008) Ellyn Satter

## **Sleep**

*Healthy Sleep Habits, Happy Baby* (2005) Marc Weissbluth

*No Cry Sleep Solution: Gentle Ways to Help Your Baby Through The Night* (2002) Elizabeth Pantley

*Guide to Your Child's Sleep: Birth through Adolescence.* (1999) George J.Cohen, MD. (ed) (American Academy of Pediatrics)

*Solve Your Child's Sleep Problems.* (2006) Richard Ferber, M.D.

*The Baby Sleep Solution: A Proven Program to Teach Your Baby to Sleep Twelve Hours a Night* (2006)

Suzy Giordano and Lisa Abidin

## **Parenting/Discipline**

*Children the Challenge.* (1991) Rudolf Dreikurs

*Discipline Without Tears.* (2004) Rudolf Dreikurs, Pearl Cassel & Eva Dreikus Ferguson

*How to Talk so Kids Will Listen and Listen so Kids Will Talk.*(1999) Adele Faber & Elaine Mazlish

*Little People: Guidelines for Common Sense Child Rearing.* (1998) Edward Christophersen

*Parent Effectiveness Training: The Proven Program for Raising Responsible Children.* (2000) Thomas Gordon

*Raising Your Spirited Child: A Guide for Parents Whose Child is More Intense, Sensitive, Perceptive, Persistent and Energetic.* (2006) Mary Sheedy

*The Difficult Child: A Guide for Parents.* (2000) Stanley Turecki & Leslie Tonner

*The Manipulative Child: How to Regain Control & Raise Resilient, Resourceful & Independent Kids.* (1998)

E.W. Swihart Jr., M.D. & Patrick Cotter, Ph.D.

*Without Spanking or Spoiling: A Practical Approach to Toddler & Preschool Guidance.* (1993) Elizabeth Crary

*123 Magic: Effective Discipline for Children 2-12* (2004) Thomas Phelan

## **Family**

*Having Twins: A Parent's Guide to Pregnancy, Birth, and Early Childhood.*(2003) Elizabeth Noble

*Living with the Active, Alert Child: Groundbreaking Strategies for Parents.*(2003) Linda Budd

*Siblings Without Rivalry.* (2004) Adele Faber & Elaine Mazlish

## **Medical care**

*Guide to your Child's Allergies & Asthma.* (2000) Michael J. Welch, MD.(ed) (American Academy of Pediatrics)

*Taking Care of Your Child. A Parent's Guide to Complete Medical Care.*(2009) Robert Pantell, James F. Fries & Donald M. Vickery

## **DVD**

*Stranger Safety* (2005) Angela Shelton, John Walsh, Carol Cordova, Julie Clark

## **Vaccine Information**

*Autism's false prophets* (2008) Paul Offit