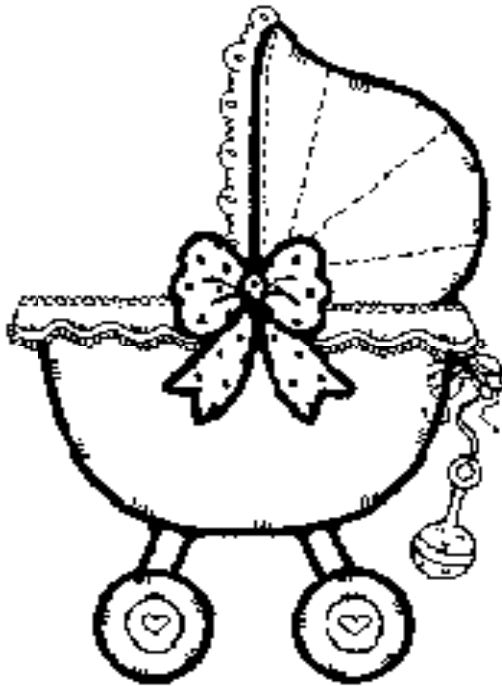


# **What to Expect From the Library: Pregnancy, Adoption & Babies**



Prepared by Angela Templin and the  
Staff of the Cudahy Family Library  
Cudahy, Wisconsin  
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## Conception & Fertility

Suggested Subject Searches:  
*Fertility; Infertility*

**618.178 I39f** *The Fertile Female: How the Power of Longing for a Child Can Save Your Life and Change the World* by Julia Indichova

**618.178 P866** *What to Do When You Can't Get Pregnant: The Complete Guide to All the Technologies for Couples Facing Fertility Problems* by Daniel A. Potter and Jennifer S. Hanin

**618.178 S582** *How to Get Pregnant* by Sherman J. Silber

**618.178 W511** *Taking Charge of Your Fertility: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health* by Toni Weschler

## Adoption

Suggested Subject Searches: *Adoption; Intercountry Adoption*

**346.0178 J39** *The Law of Adoption* by Margaret C. Jasper

**346.0178 S471** *The Complete Adoption and Fertility Legal Guide* by Brette McWhorter Sember

**362.733 A239vh** *Adoption & Foster Care: Two Ways to Share*  
Wisconsin Dept. of Health and Family Services - Division of  
Children and Family Services



**362.734 D247** *The Complete Book of International Adoption* by Dawn Davenport

**362.734 J76** *The Adoption Sourcebook: A Complete Guide to the Complex Legal, Financial, and Emotional Maze of Adoption* by Cheryl Jones

## Pregnancy

Suggested Subject Searches:

*Cesarean Section; Childbirth; Pregnancy; Postnatal Care*

**618.2 G799** *Raising Baby Green: The Earth-Friendly Guide to Pregnancy, Childbirth, and Baby Care* by Alan Greene

**618.2 G884dv** *Growing Green Babies: With Eco-Lifestyle Expert Sara Snow*  DVD

**618.2 K62c** *The Complete Book of Pregnancy and Childbirth* by Sheila Kitzinger

**618.2 L487** *Pregnancy & Birth: Your Questions Answered* by Christoph Lees

**618.2 M978** *Pelvic Health & Childbirth: What Every Woman Needs to Know* by Magnus Murphy


**618.2 P367** *The Pregnant Woman's Pill Book: A Guide to the Most Frequently Used Over-the-Counter Medications* by Theodore M. Peck

- 618.2 R727** *The Disabled Woman's Guide to Pregnancy and Birth* by Judith Rogers
- 618.2 R741** *You Having a Baby: The Owner's Manual to a Happy and Healthy Pregnancy* by Michael F. Roizen
- 618.2 S471** *The Everything Guide to Pregnancy Over 35: From Conquering Your Fears to Assessing Health Risks* by Brette McWhorter Sember
- 618.2 L487** *Pregnancy & Birth: Your Questions Answered* by Christoph Lees
- 618.24 L748** *Your Pregnancy and Newborn Journey: A Guide for Pregnant Teens* by Jeanne Warren Lindsay and Jean Brunelli
- 618.24 M977** *What to Expect When You're Expecting* by Heidi Murkoff, Arlene Eisenberg & Sandee Hathaway
- 618.2 O93** *Our Bodies, Ourselves: Pregnancy and Birth* by the Boston Women's Health Book Collective
- 618.24 P244** *Ask a Midwife: All Your Pregnancy and Birth Questions Answered with Wisdom, Insight, and Expertise* by Catharine Parker-Littler
- 618.24 P986** *Understanding Your Moods When You're Expecting: Emotions, Mental Health, and Happiness--Before, During, and After Pregnancy* by Lucy J. Puryear
- 618.24 V242** *Big, Beautiful & Pregnant: Expert Advice and Comforting Wisdom for the Expecting Plus-Size Woman* by Cornelia van der Ziel

**618.4 L374dv** *Laugh and Learn About Childbirth* DVD 

**618.4 S738** *Better Birth: The Ultimate Guide to Childbirth from Home Births to Hospitals* by Denise Spatafora

**618.86 R896** *What if I Have a C-section? How to Prepare, How to Decide, How to Recover Quickly* by Rita Rubin

**649.122 B115rdv** *Kids Healthworks Presents Baby's First Year. Vol. 1, Pregnancy and Preparing for Baby* DVD 

\*\*Baby name books are shelved in **929.4**

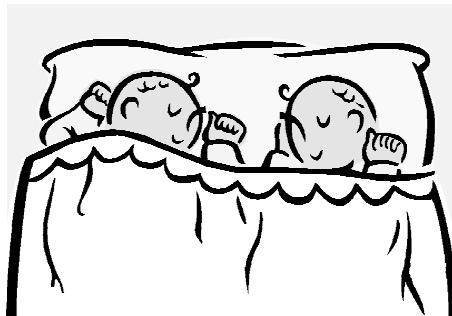
### Having Babies: Plural!

Suggested Subject Searches:

*Multiple Pregnancy; Multiple Birth; Twins; Triplets*

**618.25 L954** *When You're Expecting Twins, Triplets, or Quads: Proven Guidelines for a Healthy Multiple Pregnancy* by Barbara Luke and Tamara Eberlein

**618.25 S521** *Two at a Time: Having Twins: The Journey through Pregnancy and Birth* by Jane Seymour, with Pamela Patrick Novotny



## Eating & Pregnancy

Suggested Subject Searches:

*Mothers – Nutrition; Pregnancy – Nutritional Aspects;  
Prenatal Care*

**618.2 D121** *Eat Right For Your Baby: The Individualized Guide to Fertility and Maximum Health During Pregnancy, Nursing, and Your Baby's First Year* by Peter J. D'Adamo

**618.24 J76** *Eating for Pregnancy: The Essential Nutrition Guide and Cookbook for Today's Mothers-to-be* by Catherine Jones with Rose Ann Hudson

**618.24 R644** *Your Vegetarian Pregnancy: A Month-by-Month Guide to Health and Nutrition* by Holly Roberts

**618.24 W186** *The Harvard Medical School Guide to Healthy Eating During Pregnancy* by W. Allan Walker

## Exercise & Pregnancy

Suggested Subject Searches:

*Exercise for Pregnant Women; Postnatal Care*

**613.71 A197** *Post-Pregnancy Pilates: An Essential Guide for a Fit Body After Baby* by Karrie Adamany

**618.2 K11** *Primetime Pregnancy: The Proven Program for Staying in Shape Before and After Your Baby is Born* by Kathy Kaehler and Cynthia Tivers

**618.244 F853** *Yoga for Pregnancy, Birth, and Beyond* by Françoise Barbira Freedman

**618.244 P923dv** *Pregnant, Fit and Relaxed*



**618.244 S612dv** *Simple Yoga for Pregnancy*



### Newborns

Suggested Subject Searches:  
*Breastfeeding; Infants; Infants -- Development;  
Infants -- Nutrition*

**615.82 I43dv** *Infant Massage: The Power of Touch*



**649.1 S883c** *Complete Baby & Childcare* by Miriam Stoppard

**649.122 B115hdv** *Kids Healthworks Presents Baby's First Year.  
Vol. 2: Bringing the Baby Home*



**649.122 H252kdv** *The Happiest Baby on the Block: the New  
Way to Calm Crying and Help Your Baby Sleep Longer*




**649.122 H252vh** *Happy Healthy Babies & Moms: The First 90  
Days!*





**649.122 J33** *Heading Home with Your Newborn: From Birth to Reality* by Laura A. Jana

**649.122 L374bdv** *Laugh and Learn About Newborn Baby Care* DVD 

**649.122 T925dv** *Tummy 2 Tummy: The Baby Wearing Instructional DVD* DVD 

**649.3 M726** *Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers* by Nancy Mohrbacher & Kathleen Kendall-Tackett

**649.33 R288dv** *The Real Deal on Breastfeeding: Real Women, Real Experts, Real Answers* DVD 



### Parenting

Suggested Subject Searches:

*Child Development; Child Rearing; Children – Nutrition;  
Parent and Infant; Toddlers -- Nutrition*

**305.231 B869** *NurtureShock: New Thinking About Children* by Po Bronson & Ashley Merryman

- 419 G216k** *Sign with Your Baby: How to Communicate with Infants Before They Can Speak* by Joseph Garcia
- 419 S613** *The Everything Baby Sign Language Book: Get an Early Start Communicating with Your Baby!* by Teresa R. Simpson
- 641.555 R264f** *Yum-O! The Family Cookbook* by Rachael Ray
- 649.1 I34** *Growing Up Green: Baby and Child Care* by Deirdre Imus
- 649.1 T722dv** *Touchpoints* by Dr. T. Berry Brazelton 
- 649.122 E96** *The Experts' Guide to the Baby Years: 100 Things Every Parent Should Know* by Samantha Ettus
- 649.122 S883p** *First Time Parents* by Miriam Stoppard
- 649.3 K18** *First Meals: The Complete Cookbook and Nutrition Guide* by Annabel Karmel
- 649.3 L313** *The Sneaky Chef: Simple Strategies for Hiding Healthy Foods in Kids' Favorite Meals* by Missy Chase Lapine
- 649.64 K23** *The Kazdin Method for Parenting the Defiant Child: With No Pills, No Therapy, No Contest of Wills* by Alan E. Kazdin

### Illness & Safety

Suggested Subject Searches:  
*Pediatric Emergencies; Children – Health and Hygiene*

**614.88 B744** *Safe & Sound: How to Prevent and Treat the Most Common Childhood Emergencies* by Elena Bosque and Sheila Watson

**617.8 G799** *The Parent's Complete Guide to Ear Infections* by Alan R. Greene

**618.92 C536b** *The Children's Hospital Guide to Your Child's Health and Development* by Children's Hospital Boston

**618.921025 B115dv** *Baby & Child CPR: CPR & Choking Instruction for Infants and Children (Birth to 8 years)* 

**649.1 H735s** *Baby & Child Safety* by Katy Holland

**649.1 H765vh** *Home Safe: A Guide to Home Safety for Children & Parents* 

**649.1 S883c** *Complete Baby & Childcare* by Miriam Stoppard

**649.3 L962** *Growing Up Healthy: Protecting Your Child from Diseases Now Through Adulthood* by Joan Lunden and Myron Winick



## For the Family

### Suggested Subject Searches:

*Adoption – Juvenile Fiction; Brothers - Juvenile Literature;  
Brothers and Sisters – Juvenile Literature; Fatherhood;  
Infants – Juvenile Fiction; Sisters - Juvenile Literature*

- E *Brand New Baby Blues* by Kathi Appelt
- E *The Birds, the Bees, and the Berenstain Bears* by Stan Berenstain
- E *Jin Woo* by Eve Bunting [Adoption]
- E *A New Barker in the House* by Tomie De Paola [Adoption]
- E *Hi, New Baby!* by Robie H. Harris
- E **CV** *Emma's Yucky Brother* by Jean Little [Adoption]
- E *Happy Adoption Day!* by John McCutcheon [Adoption]
- E *When You Were Just a Heartbeat* by Laurel Molk
- E *Waiting for May* by Janet Morgan Stoeke [Adoption]
- E *How to be an Older Brother or Sister: (What to Expect When it Happens to You)* by Mike Venezia
- X **Series** *Who Ordered This Baby?: Definitely Not Me!* by Henry Winkler & Lin Oliver
- X **612.6 H315n** *It's Not the Stork!: a Book About Girls, Boys, Babies, Bodies, Families, and Friends* by Robie H. Harris

- X 612.6 S439** *Baby on the Way* by William Sears M.D.
- X 612.6 S542B** *Before You Were Born* by Margaret Sheffield
- X 612.63 C689w** *When You Were Inside Mommy* by Joanna Cole
- X 612.65 H466** *Babies* by Deborah Heiligman
- X 618.2 B985** *My Mom's Having a Baby!* by Dori Hillestad Butler
- 618.2 H167** *Pregnancy and Birth* by Dianne Hales
- 618.24 C978f** *Your Pregnancy for the Father-to-be: Everything Dads Need to Know About Pregnancy, Childbirth, and Getting Ready for a New Baby* by Glade B. Curtis & Judith Schuler
- 618.24 K29** *The Pocket Idiot's Guide to Being an Expectant Father* by Joe Kelly
- 649.1 N529** *Crouching Father, Hidden Toddler: a Zen Guide for New Dads* by C.W. Nevius
- 649.1 S785** *Being a Dad* by Peter Stanford



# Selected Internet Sites

## Adoption & Foster Care

### **Adoption Resources of Wisconsin**

<http://wiadopt.org>

This organization offers training and support for adoptive and foster families and the professionals who serve them.

### **Family Works**

<http://family-works.com>

A treatment foster care agency serving at-risk youth in WI; child referral service and information for both current and prospective foster parents.

### **United States Dept of State, Office of Children's Issues - Intercountry Adoption**

<http://adoption.state.gov>

Site contains statistics, alerts, lists of accredited agencies, VISA and travel abroad information, and additional direction for those seeking to adopt overseas.

## Women of Child-Bearing Age and Families

### **American Pregnancy Association**

<http://americanpregnancy.org>

A national health organization promoting reproductive and pregnancy wellness through education and research by utilizing a toll-free helpline and patient education materials; includes video and a discussion forum.

## **BabyCenter.com**

<http://babycenter.com>

Articles, video, and blog resources covering topics from conception to school age development, product recalls and life with a growing family.

## **BabyCenter.com en Español**

<http://espanol.babycenter.com>

Ayudarse con consejos de expertos médicos y apoyo de mamá a mamá – antes de concebir, embarazo, y niños de 0 a 36 meses.

## **Discovery Health**

<http://health.howstuffworks.com/pregnancy-and-parenting>

Offers information and advice complete with news briefs and video on pregnancy, infants and toddlers, and parenting.

## **The Global Library of Women's Medicine**

<http://glowm.com>

Comprehensive reference information available to clinicians from expert contributors that covers topics on fertility, maternal and fetal medicine, VBAC (vaginal birth after cesarean) safety and more.

## **Healthy Children**

<http://www.healthychildren.org>

Funded by the American Academy of Pediatrics; up-to-date news for children ages zero through young adult; including info on healthy living and safety.

## **HealthyStuff.org**

<http://www.healthystuff.org>

An organization that concerns itself with testing, and compiling information regarding toxic chemicals found in everyday objects so that the public can make more informed shopping choices.

## **HealthyWomen.org**

<http://www.healthywomen.org>

Articles on women's general health including eating and exercising while pregnant and parenting multiples.

## **KidsHealth from Nemours**

<http://kidshealth.org>

Health and safety news for parents, kids, teens, and educators; including a resource database on the safety and side effects for common OTC and prescribed medicines.

## **KidsHealth de Nemours en Español**

[http://kidshealth.org/parent/en\\_espanol/esp\\_land\\_pg/spanish\\_landing\\_page.html](http://kidshealth.org/parent/en_espanol/esp_land_pg/spanish_landing_page.html)

Información para parentes, niños, y adolescentes sobre la salud, la nutrición, y seguridad.

## **My Monthly Cycles**

<http://mymonthlycycles.com>

Free online calendars and calculators available for tracking women's monthly cycles used in both pregnancy planning, prevention and more.



## **National Women's Health Information Center**

<http://www.womenshealth.gov/pregnancy>

Division of the U.S. Dept on Health & Human Services Office on Women's Health; provides news and reports on national trends and safety concerns regarding reproductive health; includes reports on federal programs addressing these concerns.

## **Natural Resources Defense Council**

<http://www.nrdc.org>

A national environmental action organization advocating awareness with regard to toxins affecting children and families; offer a chemical database and seafood safety wallet card at

<http://www.nrdc.org/health/effects/mercury/walletcard.PDF>.

## **Our Bodies, Ourselves: Women's Health Information**

<http://www.ourbodiesourselves.org>

Book excerpts and web resources regarding women's bodies; including fertility, child-bearing, VBAC, and aging.

## **TwinsList.org**

<http://twinslist.org>

Site contains articles and resources for pregnancy and parenting of twins and multiples.

## Local Resources for Parents

### **Children's Hospital of WI**

<http://chw.org/display/PPF/DocID/20028/router.asp>

Health and safety tips for children and families.

### **La Leche League**

<http://llli.org/Web/Wisconsin.html>

An organization providing education and support to women interested in breastfeeding. This site contains meeting and contact information for WI La Leche League's local chapters.

### **Milwaukee Baby Wearing**

<http://milwaukeebabywearing.com>

A non-profit Milwaukee-area group educating people interested in the benefits of babywearing; introducing different carriers and positions.

### **MilwaukeeMoms.com**

<http://www.milwaukeemoms.com>

Local event calendar; discussion groups, reviews and information on SE Wisconsin area places and things.

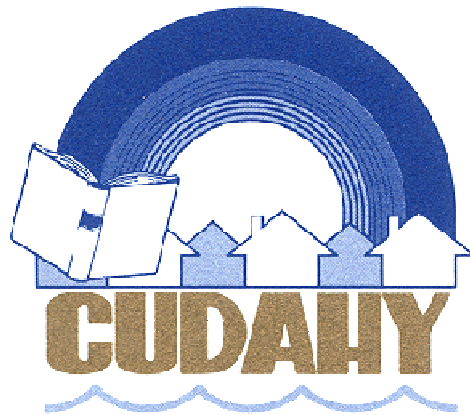
### **Wisconsin Poison Center**

<http://wisconsinpoison.org>

Wisconsin plant guide and poison safety brochure, home safety checklist and source for Mr. Yuck stickers!







**Cudahy Family Library**

3500 Library Drive

Cudahy, WI 53110

Phone: (414) 769-2244

Fax: (414) 769-2252

Website: [www.cudahyfamilylibrary.org](http://www.cudahyfamilylibrary.org)

Hours

Sunday: Noon - 4 p.m.

Monday – Thursday: 10 a.m. - 8 p.m.

Friday: 9 a.m. - 5 p.m.

Saturday: 9 a.m. – 5 p.m.

Saturday: Noon – 4 p.m. (summer)