



## Lending Library

*Books / DVDs Available to Our Clients*

### **Pregnancy & Childbirth**

The Birth Partner – Penny Simkin, PT

Birthing From Within – Pam England

From Conception to Birth: A Life Unfolds – Alexander Tsiaras

Gentle Birth Choices – Barbara Harper, RN

Gentle Birth, Gentle Mothering: A Doctor's Guide to Natural Childbirth & Gentle Early Parenting Choices – Dr. Sarah Buckley

Hypnobirthing (with Hypnobirthing CD & Rainbow Relaxation/Birth Affirmation CD) – Marie F. Mongan

Immaculate Deception II: A Fresh Look at Childbirth – Suzanne Arms

Ina May's Guide To Childbirth – Ina May Gaskin

The Midwifery Option – Miranda Hawkins & Sarah Knox

The Mother of All Pregnancy Books – Ann Douglas

Mothering the Mother: How a Doula Can Help You – Marshall Klaus, MD, et al.

Pregnancy, Childbirth, and the Newborn – Penny Simkin, PT, et al.

Raising Baby Green: The Earth Friendly Guide to Pregnancy, Childbirth & Baby Care – Dr. Alan Greene

Spiritual Midwifery – Ina May Gaskin

We Are All Water Babies – Jessica Johnson & Dr. Michel Odent

Yoga Birthing: Have a Calm, Natural, & Enlightened Birth Experience Using the Yoga Birth Method – Dorothy Guerra

Your Best Birth – Ricki Lake & Abby Epstein

Your Pregnancy Week By Week – Dr. Glade B. Curtis, OB/GYN & Judith Schuler, M.S.

The VBAC Companion: The Expectant Mother's Guide to Vaginal Birth After Cesarean – Diane Korte

### **Pregnancy & Childbirth Books About Healing**

Birthing From Within – Pam England

Surviving Miscarriage: You Are Not Alone – Stacey McLaughlin Ph.D

Transformation Through Birth – Claudia Panuthos

Welcoming Consciousness: Supporting Babies' Wholeness From the Beginning of Life – Wendy Anne McCarty, PhD

When Hello Means Goodbye: A Guide for Parents Whose Child Dies Before Birth, At Birth, Or Shortly After Birth – Pat Schwiebert, RN, & Dr. Paul Kirk

When Survivors Give Birth: Understanding & Healing the Effects of Early Sexual Abuse on Childbearing Women – Penny Simkin, PT, & Phyllis Klaus, CSW, MFT

## **Breastfeeding**

Bestfeeding: How to Breastfeed Your Baby – Mary Renfrew, Chloe Fisher, & Suzanne Arms

The Breastfeeding Mother's Guide to Making More Milk – Diana West & Lisa Marasco

Dr. Jack Newman's Guide to Breastfeeding – Dr. Jack Newman & Teresa Pitman

Ina May's Guide to Breastfeeding – Ina May Gaskin

The Ultimate Breastfeeding Book of Answers – Dr. Jack Newman & Teresa Pitman

The Womanly Art of Breastfeeding (8<sup>th</sup> Edition) – Le Leche League International

## **Babies**

The Baby Book: Everything You Need to Know About Your Baby From Birth to Age 2 – Dr. William Sears & Martha Sears, RN

The Baby Signing Book – Sara Bingham

The Baby Whisperer Solves All Your Problems – Tracy Hogg

Beyond Jennifer & Jason, Madison & Montana: What to Name Your Baby Now – Linda Rosenkrantz & Pamela Satran

The Happiest Baby On The Block – Dr. Harvey Karp

The Mother of All Baby Books – Ann Douglas

The No-Cry Sleep Solution – Elizabeth Pantley

Your Amazing Newborn – Marshall H. Klaus

## **Feeding Your Baby**

Baby-led Weaning: Helping Your Baby to Love Good Food – Gill Rapley & Tracey Murkett

The Baby's Table – Brenda Bradshaw & Dr. Lauren Donaldson Bramley

First Meals – Annabel Karmel

The Healthy Baby Meal Planner – Annabel Karmel

## **Toddlers & Beyond**

Breaking the Good Mom Myth: Every Modern Mom's Guide To Getting Past Perfection – Alyson Schafer

Discipline Without Distress – Judy Arnall

Growing Miracles: The First Six Years With Your Child – Calgary Health Region

Kids Are Worth It! – Barbara Coloroso

Secrets of the Baby Whisperer for Toddlers – Tracy Hogg



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### For Older Siblings

A Child Is Born: Dramatic Photographs of Life Before Birth – Lennart Nilsson  
Hello Baby! – Lizzy Rockwell  
I Watched My Brother Being Born – Anne & Katarina Vondruska  
Mama, Talk About When Max Was Born – Toni Olson  
There's a New Baby In My House (Home Birth Colouring Book) – Rebecca Britt Walton  
Waiting for the Sun – Alison Lohans  
Welcome With Love – Jenni Overend  
We're Having a Homebirth!! – Kelly Mochel

### Other Books of Interest

A Baby Guide to Calgary: Making the Most of Your Parental Leave 2<sup>nd</sup> Ed. – Paula McGarrigle  
A Midwife's Story (autobiography) – Penny Armstrong & Sheryl Feldman  
Baby Catcher: Chronicles of a Modern Midwife (autobiography) – Peggy Vincent  
The Birth House (fiction) – Ami McKay  
Blessingways: A Guide to Mother-Centred Baby Showers – Shari Maser  
Mother Rising: The Blessingway Journey into Motherhood – Yana Cortland, et al.  
Taking Charge of Your Fertility – Toni Weschler, MPH

### DVDs

*Natural Childbirth, Home Birth, & Water Birth*

Birth As We Know It (72 mins.) – Elena Tonetti  
Birth Day (66 mins.) – Sage Femme  
Birth with Gloria Lemay (107 mins.) – Gloria Lemay  
Gentle Birth Choices DVD (60 mins.) – Barbara Harper, RN  
Orgasmic Birth: The Best Kept Secret (85 mins.) – Debra Pascali-Bonaro

Relaxation, Rhythm, & Ritual for Labour (15 mins.) – Penny Simkin, PT

The Business of Being Born (87 mins.) - Ricki Lake & Abby Epstein

More Business of Being Born (4 Discs) – Ricki Lake & Abby Epstein

*Down on The Farm: Conversations with Legendary Midwife Ina May Gaskin* (55 mins.)

*Special Deliveries: Celebrity Mothers Talk Straight on Birth* (74 mins.)

*Explore Your Options: Doulas, Birth Centres, & C-Sections* (102 mins.)

*The VBAC Dilemma: What Your Options Really Are* (51 mins.)

### *Issues in Childbirth*

A Breech in the System (43 mins.) – Karin Ecker

Doula! The Ultimate Birth Companion (65 mins.) – Toni Harman

It's My Body, My Baby, My Birth (28 mins.) – Wisewoman Childbirth Traditions

### *Prenatal Health*

Dancing for Birth: Prenatal Dance & Birth Wisdom (75 mins.) – Stephanie Larson

Laugh & Learn About Childbirth: Comprehensive Childbirth Classes (4 hours 15 mins.) – Sheri Bayles, RN

Prenatal Yoga with Shiva Rea (70 mins.) – Shiva Rea

Zen Mama: Prenatal Yoga Workout DVD (53 mins.) – Rainbeau Mars

### *After Baby's Born*

Breastfeeding: You Can Do It! (39 mins.) – Pam Wiggins

Enhancing Baby's First Relationship: A Parents Guide to Skin-to-Skin Contact with Their Infants (20 mins.) - Ann Bigelow

The Happiest Baby On The Block DVD (128 mins.) – Dr. Harvey Karp