**The Complete Idiot's Guide to Natural Childbirth** Heidi Mrkoff & Sharon Mazel

The pregnancy guide that reassuringly answers the questions of mothers and fathers-to-be from the planning stage through postpartum. Featuring a week-by-week look at the growth of your baby and complete chapters on pregnancy lifestyle, preconception, carrying twins and more.

**Postpartum Care DVD The Baby Care Workshop**

This program will help new mothers understand what to expect during the postpartum period and how to avoid complications. 12 min.

**Pregnancy- From Conception to Caring for Your Newborn Baby** DVD EduCouch

Are you thinking about having a baby? Already pregnant? This DVD delivers all the pregnancy information you need to know in the comfort of your own home. By the end of the program, you will be informed on proper nutrition, breastfeeding procedures, circumcision and infant health. Additional topics include guidance on postpartum depression, exercise, intimacy, infant CPR, child seatbelt safety, recommended baby products and much more.

**Su Embarazo Y Parto: Mes Por Mes** The American College of Obstetricians and Gynecologists

Su embarazo y parto: mes por mes le ofrece información fidedigna de los expertos. En términos sencillos y fáciles de entender, esta quinta edición nueva le confiere el poder de tomar importantes decisiones sobre su salud y bienestar, y las de su bebé. *Pregnancy and Childbirth: Month to Month gives you reliable information from experts. In simple and easy to understand terms, this new fifth edition gives you the power to make important decisions about their health and wellness, and your baby.*

**What to Expect When you're Expecting** Jennifer L. West, LM, CPM, HBCE, Deborah S. Romaine

This book will help you prepare. Get an overview of the different birthing methods, expert advice on midwives, doulas and doctors, pain-management techniques that will ease you through the contractions of labor, top resources and wise advice for every stage of your pregnancy, from your birth plan to breastfeeding post-partum.

**The Working Woman's Pregnancy Book** Marjorie Greenfield, MD

This up-to-date guide addresses all the subjects you would expect to find in an authoritative book on pregnancy plus issues of special concern to the 60 to 80 percent of women who hold jobs during their pregnancies. Includes stories and advice from experienced mothers. Information on everything from planning a pregnancy to balancing life after the baby is born.

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