



# Books for You and Your Baby

a resource guide  
compiled by the  
Science & Technology  
Division, Akron-Summit  
County Public Library



**Akron-Summit County  
Public Library**

[www.akronlibrary.org](http://www.akronlibrary.org)

# Breastfeeding

**American Academy of Pediatrics New Mother's Guide to Breastfeeding** by Joan Younger Meek  
649.33 Am512m



**Baby-led Breastfeeding: Follow Your Baby's Instincts for Relaxed and Easy Nursing** by Gill Rapley  
649.33 R218b

**Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers** by Nancy Mohrbacker  
649.33 M699b

**Breastfeeding Mothers Guide to Making More Milk** by Diane West  
649.33 W517br

**The Complete Book of Breastfeeding** by Sally Wendkos Olds  
649.33 OI44co

**The Complete Guide to Medications During Pregnancy and Breast-Feeding: Everything You Need to Know to Make the Best Choices for You and Your Baby** by Carl Weiner  
618.3268 W423c

**The Womanly Art of Breastfeeding** by Diane Wiessinger  
649.33 W652w



# Baby Nutrition



**201 Organic Baby and Toddler Meals: The Healthiest Toddler and Baby Food Recipes You Can Make!** By Tamika Gardner  
641.3008 G228

**Baby Knows Best: Preventing Childhood Obesity from Day One** by Herbert Goldman  
649.3 G619b

**Beautiful Babies: Nutrition for Fertility, Pregnancy, Breastfeeding and Baby's First Food** by Kristen Michaelis  
618.242 M621b

**Bountiful Baby Purees: Create Nutritious Meals for Your Baby with Wholesome Purees Your Little One Will Adore: Includes Bonus Recipes for Turning Extra Puree Into Delicious Meals Your Toddler, Kids, And Whole Family With Love** by Anni Daulter  
641.3008 D239b

**Feed Yourself, Feed Your Family** by La Leche League International  
641.302 F295

**First Bites: Superfoods for Babies and Toddlers** by Dana Angelo White  
641.3008 W583f

**The Nourishing Traditions Book of Baby & Child Care** by Sally Fallon Morell  
649.122 M841n

**Starting Solids: What to Feed, When to Feed, and How to Feed Your Baby** by Annabel Karmel  
641.5622 K18s

**What to Feed Your Baby: Cost Conscious Nutrition for Your Infant** by Stanley Cohen  
618.9202 C678w

# Baby Care & Parenting

## **100 Things I Wish I Knew in my Baby's First Year: Keys to Making Parenting Easier and Baby Happier**

by Randy Dean

649.1 D282o



## **The 24/7 Baby Doctor: A Harvard Pediatrician Answers All Your Questions from Birth to One Year**

by Victoria Rogers McEvoy

618.9202 M142tw

## **Baby Day By Day: In-Depth, Daily Advice on Your Baby's Growth, Care, and Development in the First Year**

649.122 B115b

## **Brain Rules for Baby: How to Raise a Smart and Happy Child from Zero to Five** by John Medina

649.1 M491b

## **The Business of Baby: What Doctors Don't Tell You, What Corporations Try to Sell You, and How to Put Your Pregnancy, Childbirth, and Baby Before Their Bottom Line** by Jennifer Margulis

649.1 M331b

## **Calm the Crying: The Secret Baby Language That Reveals the Hidden Meaning Behind an Infant's Cry** by Priscilla Dunstan

649.122 D926c

## **Caring for Your Baby and Young Child: Birth to Age 5** by Steven Shelov

618.9202 C277

## **Cherish the First Six Weeks: A Plan that Creates Calm, Confident Parents** by Helen Moon

649.122 M818c

**Coming Home from the NICU: A Guide for Supporting Families in Early Infant Care and Development** by Kathleen Vandenberg  
618.9201 V227c

**Coping with Crying and Colic: An Easy-To-Follow Guide** by Siobhan Mulholland  
649.122 M956c

**Dude, You're a Dad: How to Get (All Of You) Through Your Baby's First Year** by John Pfeiffer  
649.123 P526d

**Dr. Spock's Baby and Child Care** by Benjamin Spock  
649.1 Sp762d



**The Everything Twins, Triplets, and More Book: From Pregnancy to Delivery and Beyond-All You Need to Enjoy Your Multiples** by Pamela Fierro  
618.25 F465ev

**Heading Home with Your Newborn: From Birth to Reality** by Laura Jana  
649.122 J33h

**Mayo Clinic Guide to Your Baby's First Year** edited by Walter Cook  
649.122 M473

**On Becoming Baby Wise, Book Two: Parenting Your Five to Twelve Month Old Through the Babyhood Transitions** by Gary Ezzo  
649.122 Ez99bw

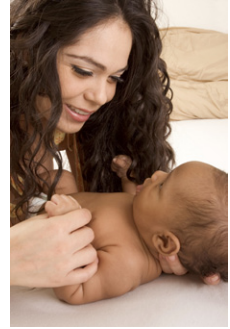
**One Year to an Organized Life with Baby: From Pregnancy To Parenthood, the Week-By-Week Guide to Getting Ready for Baby and Keeping Your Family Organized** by Regina Leeds  
649.122 L484o

**Stop Second Guessing Yourself-Baby's First Year: A Field Tested Guide to Confident Parenting** by Jen Singer  
649.122 Si617st

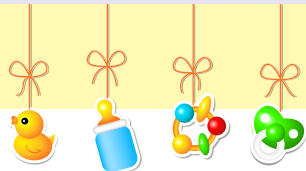
**Watch My Baby Grow: Follow One Baby's First Year-And Find Out How Your Baby Thinks and Feels** by Shaoni Bhattacharya  
649.122 B575w

**What to Expect the First Year** by Heidi Murkoff  
649.122 M977w

**Your Baby's First Year Week by Week** by Glade B Curtis  
649.122 C978y



## Product Guides



**Baby Bargains: Secrets to Saving 20% to 50% on Baby Furniture, Equipment, Maternity Wear and Much, Much More** by Denise and Alan Fields  
649.122 F461b

**The Baby Cheapskate Guide to Bargains: How to Save on Blankets, Bottles, and Everything Baby** by Angela Wynne  
640.73 W988b

**Changing Diapers: The Hip Mom's Guide to Modern Cloth Diapering** by Kelly Wels  
649.122 W458c

**The Complete Book of Baby Bargains: 1,000 Best Ways to Save Money Every Day** by Kimberly Danger  
649.122 D182co

**The Eco-Nomical Baby Guide: Down-To-Earth Ways for Parents to Save Money and the Planet** by Joy Hatch  
649.1 H361e



# Websites

American Academy of Pediatrics

[www.aap.org](http://www.aap.org)

BabyCenter

[www.babycenter.com](http://www.babycenter.com)

KidsHealth

[www.kidshealth.org](http://www.kidshealth.org)

La Leche League International

[www.lalecheleague.org](http://www.lalecheleague.org)

MedlinePlus: Infant and Newborn Care

[www.nlm.nih.gov/medlineplus/infantandnewborncare.html](http://www.nlm.nih.gov/medlineplus/infantandnewborncare.html)



## Notes:



