

### **Recommended Reading**

The following is a brief list of recommended books. We don't agree with everything in these books, but they are generally well written, medically accurate, and good starting points for obtaining information. There are many popular books which are medically inaccurate, self-promotional, or extremely biased. Please feel free to ask what we know about a book before you buy it.

1. **Your Pregnancy and Childbirth: Month to Month, Revised Sixth Edition:** Based on ACOG guidelines and written by the experts in women's health care, this new edition of Your Pregnancy and Childbirth: Month to Month gives your patients the most accurate information available about pregnancy, childbirth, labor and delivery, breastfeeding, and the postpartum period.
2. **MayoClinic Guide to a Healthy Pregnancy,** By: MayoClinic: Week by week accounts of the baby's development, precise, accurate information about pregnancy, child birth and newborn care.
3. **The Complete Book of Pregnancy and Childbirth,** By: Sheila Kitzinger: Comprehensive guide to pregnancy and childbirth fully illustrated with photographs, drawings, and diagrams.
4. **Expecting 411: Clear Answers and Smart Advice for Your Pregnancy,** Written by 2 physicians in question and answer format.
5. **Eating for Pregnancy: The Essential Nutrition Guide and Cookbook for Today's Mother's-to-be**
6. **The Harvard Medical School Guide to Healthy Eating During Pregnancy**
7. **Dr. Jack Newman's Guide to Breast Feeding,** By: Jack Newman, MD and Teresa Pitman
8. **Eating Expectantly: Practical Advice for Healthy Eating Before, During and After Pregnancy,** By: Bridget Swinney, MS. RD
9. **The Nursing Mother's Companion,** By: Kathleen Higgins: A practical, step by step guide to make breast feeding easier, safer and happier for mothers and their babies. Addresses special needs: working mothers, handicapped mothers, cesarean mothers, as well as mothers of twins and premature babies.