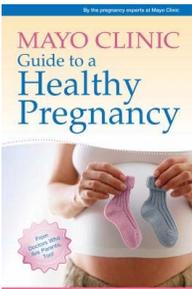


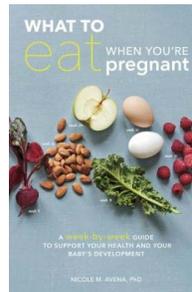
BOOK SUGGESTIONS FOR EXPECTANT PARENTS

Conception & Pregnancy



Mayo Clinic Guide to a Healthy Pregnancy by Roger Harms and Myra Wick (eds.). 2011

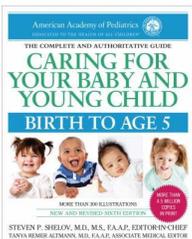
Provides information on getting pregnant, weekly progression of baby growth, symptoms experienced during pregnancy, and safe exercise habits.



What to Eat When You're Pregnant by Nicole M. Avena. 2015

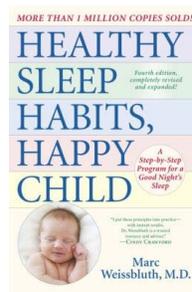
This book, which also includes 50 recipes, provides an understanding of what your body needs during pregnancy and how certain foods influence baby development.

Infant Care



Caring for Your Baby and Young Child: Birth to Age 5 by Steven P. Shelov and Tanya Remer Altmann (eds.). 2014

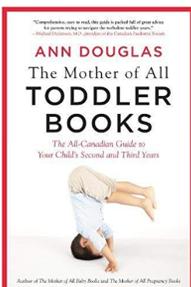
Covers all aspects of infant and child care from toilet training to child self-esteem.



Healthy Sleep Habits, Happy Child by Marc Weissbluth. 2015

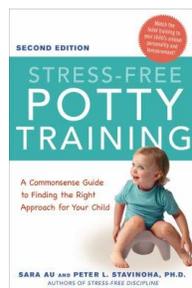
Weissbluth presents his groundbreaking approach to solving and preventing children's sleep problems, from infancy through to adolescence.

Toddlers and Preschool



The Mother of all Toddler Books by Ann Douglas. 2018

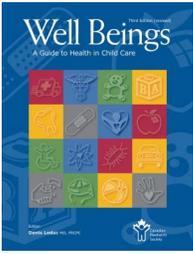
Guides Canadian parents through toddlers' developmental changes, and offers tips and strategies on meals, sleeping habits, behaviours, health matters, and other common toddler issues.



Stress-Free Potty Training by Sara Au and Peter L. Stavinoha. 2016

This book helps parents determine potty training strategies that match their child's personality.

Health



Well Beings: A Guide to Health in Child Care by Canadian Paediatric Society; Denis Leduc (ed.). 2015

This book shares the latest information, evidence, and best practices for all aspects of children's health.



The First Forty Days: The Essential Art of Nourishing the New Mother by Heng Ou. 2016

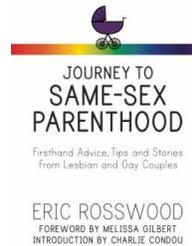
Revives the art of caring for the mother after birth and includes simple recipes for healing soups

Nutrition

The Pediatrician's Guide to Feeding Babies and Toddlers by Anthony F. Porto Dina M. DiMaggio. 2016

A comprehensive manual for feeding babies and toddlers during the crucial first years of life.

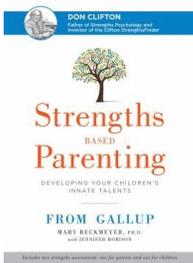
LGBTQ Parenting



Journey to Same-Sex Parenthood by Eric Rosswood. 2016

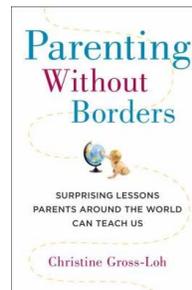
Inspirational firsthand accounts, advices, and tips to help couples successfully navigate the road to parenthood.

Parenting



Strengths Based Parenting: Developing Your Children's Innate Talents by Mary Reckmeyer and Jennifer Robinson. 2016

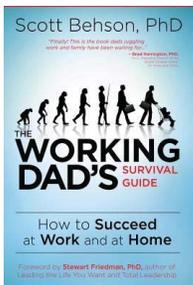
Helps parents discover and place focus on their children's natural talents as opposed to their weaknesses.



Parenting Without Borders by Christine Gross-Loh. 2013

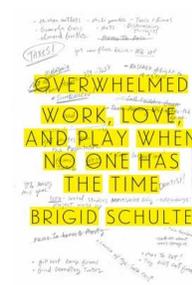
Successful parenting strategies from across the globe that enhance kids' creativity, academic achievement, and more.

Balancing Work and Family



The Working Dad's Survival Guide by Scott Behson. 2015

This book provides the advice and encouragement needed to achieve success at work while also being the involved, loving dad.



Overwhelmed: Work, Love, and Play When No One Has the Time by Brigid Schulte. 2014

Schulte discusses why modern life causes us to feel overwhelmed and prevents us from engaging in leisure.

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