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 ground-breaking 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.

This book helps parents determine potty training strategies that match their child’s personality.
**Nutrition**


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

**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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