

MOMC Book List

Updated Jan. 2010

Pregnancy:

“Baby Lists: What to do and what to get to prepare for baby.”

By Elaine Farber

“The Multiple Pregnancy Sourcebook. Pregnancy and the first days
With twins, triplets, and more.” by Nancy Bowers, RN,BSN (3)

“Everything you need to know to have a healthy twin pregnancy.”

By Gila Leiter, MD (2)

“When you’re expecting Twins, Triplets, or Quads.”

by Barbara Luke and Tamara Eberlein

“Zen Meditations on being Pregnant.” by Roni Jay

“What to expect when you’re expecting.” by Eisenberg, Murkoff,

And Hathaway, BSN (3)

“From here to maternity.” (A complete pregnancy guide.)

By Connie Marshall, RN (2)

“The exercise plus pregnancy program.” (Exercises for before,
During, and after pregnancy) by Lazar and Olinda Cedeno

And Carole Monroe

Pregnancy and Beyond:

“Twins! Pregnancy, Birth, and the First Year of Life.”

By Connie L Agnew, MD; Alan H Klein, MD;

Jill Alison Ganon (3)

“Mothering Multiples.” (Breastfeeding and Caring for twins or more)

By Karen Kerkhoff Gromada (2)

“Mothering Twins.” (From hearing the news to beyond the terrible twos.) by Albi, Johnson, Catlin, Deuriloo, and Greatwood (2)

“Twins, Triplets, and More” (From pre-birth through High School - What every parent needs to know about raising two or more)
By Elizabeth M Bryan, MD

“Natural Family Living” by O’Mara and McConnell

From Birth:

“Ready or Not...Here We Come!” (The real experts’ cannot-live-without guide to the first year with twins.)
by Elizabeth Lyons

“Baby Bargains” (Secrets to saving 20% to 50% on baby furniture, Equipment, etc....) by Denise and Alan Fields (2)

“The Baby Book” (Everything you need to know about your baby from birth to age two.) by William Sears, MD, and
Martha Sears, RN (2)

“365 Days of Baby Love.” (Playing, growing, exploring with babies from birth to age two.) by Shelia Ellison and Susan Gerdinandi

Books for Dads:

“She’s having a baby and I’m having a breakdown.” (What every Man needs to know and do when the woman he loves is Pregnant.) by James Douglas Barron

Baby Names:

“The New Age Baby Name Book.” by Sue Browder

“The Greatest baby name book ever.” by Carol McD. Wallace

“Baby Names: a new generation.” by Barbara Kay Turner

Sleep Advice:

“Helping your child sleep through the night.” (A guide for
Parents of children from infancy to age 5.)
By Joanne Cuthbertson and Susie Schevill

“Solve your child’s sleep problems.” by Richard Ferber, MD (2)

Just for laughs:

“Belly Laughs.” (The naked truth about pregnancy and childbirth.)
By Jenny McCarthy

“Baby Laughs.” (The naked truth about the first year of mommy
hood.) by Jenny McCarthy

“The Girlfriends’ guide to pregnancy.” (Or everything your doctor
Won’t tell you.” by Vicki Iovine

Twins:

“Twin Connections.” (Stories that celebrate the mysterious bond
Between twins.) by Debbie LaChusa