

# Resources

## Adoption

- *Adoption Today Magazine*  
Tel: (888) 924 6736  
[www.adoptinfo.net](http://www.adoptinfo.net)
- Foli KJ, Thompson JR. *The Post Adoption Blues*. New York, St.Martin's Press; 2004.
- Adoptive Families of America  
Tel: (800) 372 3300 (24-hour helpline)
- [www.adoption.com](http://www.adoption.com)
- [www.adoption.org](http://www.adoption.org)
- [www.adoptionuk.org](http://www.adoptionuk.org) (for the U.K.)

## Birth plans

- Wagner M. *Creating Your Birth Plan: a definitive guide to a safe and empowering birth*. New York: Perigee Books; 2006.
- [www.birthplan.com](http://www.birthplan.com)
- [www.childbirth.org](http://www.childbirth.org)

## Breastfeeding

- La Leche League International. *The Womanly Art of Breastfeeding*. Revised 7th ed. New York: Plume; 2004.
- [www.breastfeeding.com](http://www.breastfeeding.com)
- [www.la lecheleague.org](http://www.la lecheleague.org)

## Fatherhood

- Brott A. *The Expectant Father: facts, tips and advice for dads to be*. 2nd ed. New York: Abbeville Publishing; 2001.
- Diamond MJ. *My Father Before Me: how fathers and sons influence each other throughout their lives*. New York: W.W. Norton; 2007.
- Goldman MJ. *The Joy of Fatherhood*. New York: Three Rivers Press; 2000.
- [www.fatherhood.org](http://www.fatherhood.org)
- [www.fathersdirect.com](http://www.fathersdirect.com)

## Infertility

- Swire-Falker E. *The Infertility Survival Guide*. New York: Riverhead Books; 2004.
- American Fertility Association; [www.theafa.org](http://www.theafa.org)  
American Society for Reproductive Medicine; [www.asrm.org](http://www.asrm.org)
- International Council on Infertility Information Dissemination; [www.inciid.org](http://www.inciid.org)
- National Infertility Association; [www.resolve.org](http://www.resolve.org)

## Labor and delivery

- Leavitt JW. *Brought to Bed: child-bearing in America, 1750–1950*. New York: Oxford University Press; 1986.
- Simkin P. *The Birth Partner: everything you need to know to help a woman through childbirth*. 2nd ed. Boston, MA: Harvard Common Press; 2001.
- [www.bradleybirth.com](http://www.bradleybirth.com)
- [www.hypnobirthing.com](http://www.hypnobirthing.com)
- [www.hypnobirthing.co.uk](http://www.hypnobirthing.co.uk)
- [www.lamaze.org](http://www.lamaze.org)

## Marriage and the transition to parenthood

- Cowan CP, Cowan PA. *When Partners Become Parents: the big life change for couples*. New York: Basic Books; 2000.
- Gottman JM, Silver N. *The Seven Principles for Making Marriage Work*. New York: Three Rivers Press; 1999.
- Jordan PL, Stanley SM, Markman HJ. *Becoming Parents: how to strengthen your marriage as your family grows*. New York: Jossey-Bass; 1999.

## Motherhood

- Matthias R. *51 Secrets of Motherhood (That Your Mother Never Told You)*. Trenton, NJ: Franklin Mason Press; 2005.
- Stern D, Bruschweiler-Stern N. *The Birth of a Mother*. New York: Basic Books; 1998.
- Warner J. *Perfect Madness: motherhood in the age of anxiety*. New York: Riverhead Books; 2005.
- Wolf N. *Misconceptions: truths, lies and the unexpected journey of motherhood*. New York: Anchor Books; 2003.
- [www.netmums.com](http://www.netmums.com)
- [www.babyzone.com](http://www.babyzone.com)
- [www.ivillage.com](http://www.ivillage.com)
- [www.mommytoo.com](http://www.mommytoo.com)
- [www.workingmother.com](http://www.workingmother.com)

## Postpartum depression

- Hanzak E. *Eyes Without Sparkle. Understanding the journey of postpartum illness*. Oxford: Radcliffe Publishing; 2005.
- Kleiman K. *The Postpartum Husband. Practical solutions for living with postpartum depression*. Philadelphia, PA: Xlibris; 2000.
- Kleiman K. *What Am I Thinking? Having a baby after postpartum depression*. Philadelphia, PA: Xlibris; 2005.
- Misri SK. *Pregnancy Blues: what every woman needs to know about depression during pregnancy*. New York: Delacorte Press; 2005.

- Poulin S. *The Mother-to-Mother Postpartum Depression Support Book: real stories from women who lived through it and recovered*. New York: Berkley Publishing; 2006.
- Postpartum Support International; [www.postpartum.net](http://www.postpartum.net)
- [www.postpartumprogress.com](http://www.postpartumprogress.com)
- [www.marcesociety.com](http://www.marcesociety.com)
- [www.elainehanzak.co.uk](http://www.elainehanzak.co.uk)

## Pregnancy and birth

- Douglas A. *The Mother of All Pregnancy Books: the ultimate guide to conception, birth and everything in between*. New York: Wiley Publishing; 2002.
- [www.babycenter.com](http://www.babycenter.com)
- [www.babycentre.co.uk](http://www.babycentre.co.uk)
- [www.babyzone.com](http://www.babyzone.com)
- [www.birthpsychology.com](http://www.birthpsychology.com)
- [www.childbirthconnection.org](http://www.childbirthconnection.org)

## Premature births

- Ludington-Hoe SM, Golant SK. *Kangaroo Care: the best you can do to help your preterm infant*. New York: Bantam; 1993.
- [www.bliss.org.uk](http://www.bliss.org.uk)
- [www.preemies.org](http://www.preemies.org)

## Same-sex parenting

- Drucker J. *Lesbian and Gay Families Speak Out: understanding the joys and challenges of diverse family life*. New York: Perseus Publishing; 2001.
- Lev AI. *The Complete Lesbian and Gay Parenting Guide*. New York: The Berkley Publishing Group; 2004.
- American Civil Liberties Union Lesbian and Gay Rights Project  
Tel: (212) 944 9800  
[www.aclu.org/lgbt/index.html](http://www.aclu.org/lgbt/index.html)

- COLAGE: Children of Lesbians and Gays Everywhere  
Tel: (415) 861 KIDS  
[www.colage.org/](http://www.colage.org/)
- Family Pride Coalition  
Tel: (202) 331 5015  
[www.familypride.org/](http://www.familypride.org/)
- [www.popluck.org](http://www.popluck.org)
- [www.prideparenting.com](http://www.prideparenting.com) (for the U.K.)

## Single mothers

- Mattes J. *Single Mothers by Choice: a guidebook for single women who are considering or have chosen motherhood*. New York: Three Rivers Press; 1997.
- [www.singlemothers.org](http://www.singlemothers.org)
- [www.mattes.home.pipeline.com](http://www.mattes.home.pipeline.com)

## Stay-at-home fathers

- Hilling H. *The Man Who Would Be Dad*. Sterling, VA: Capital Books; 2002.
- [www.slowlane.com](http://www.slowlane.com)