

The First Forty Days

The Essential Art of Nourishing the New Mother

by Heng Ou

ISBN: 9781617691836

Binding: Hardback

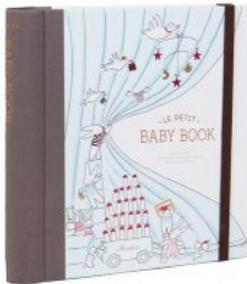
Publisher: Harry N. Abrams

Pub. Date: 2016-04-26

Pages: 224

Price: \$34.50

The first 40 days after the birth of a child offer an essential and fleeting period of rest and recovery for the new mother. Based on author Heng Ou's own postpartum experience with *zuo yuezi*, a set period of "confinement," in which a woman remains at home focusing on healing and bonding with her baby, *The First Forty Days* revives the lost art of caring for the mother after birth. As modern mothers are pushed to prematurely "bounce back" after delivering their babies, and are often left alone to face the physical and emotional challenges of this new stage of their lives, the first forty days provide a lifeline—a source of connection, nourishment, and guidance. The book includes 60 simple recipes for healing soups; replenishing meals and snacks; and calming and lactation-boosting teas, all formulated to support the unique needs of the new mother. In addition to the recipes, this warm and encouraging guide offers advice on arranging a system of help during the postpartum period, navigating relationship challenges, and honoring the significance of pregnancy and birth. *The First Forty Days*, fully illustrated to feel both inspiring and soothing, is a practical guide and inspirational read for all new mothers and mothers-to-be—the perfect ally during the first weeks with a new baby.



Le Petit Baby Book (Baby Memory Book, Baby Journal, Baby Milestone Book)

by MARABOUT

ISBN: 9781452152004

Binding: Unknown

Publisher: Chronicle Books

Pub. Date: 2016-03-29

Pages:

Price: \$42.00

Le Petit Baby Book - Ideal expectant mother gift or new mom gift

Baby journal: This sweet-as-can-be baby pregnancy book offers dozens of creative ways to capture the milestones and special baby memories from pregnancy through baby's first year.

Capture and preserve the treasured memories: Packaged in a compact album with a fabric spine and foil-stamped cover, with whimsical color illustrations and thoughtful prompts throughout, this book is the ultimate keepsake gift for new parents.

Le Petit Baby Book includes:

An envelope for ultrasound scans

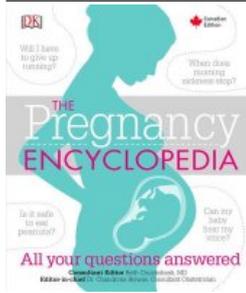
A spin-wheel to display baby's astrological sign

A gatefold family tree

Space for photos

Mini envelopes to stash written notes

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Pregnancy Encyclopedia

by DK

ISBN: 9781553632702

Binding: Hardback

Publisher: DK

Pub. Date: 2016-04-05

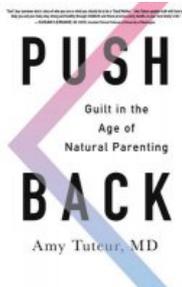
Pages: 352

Price: \$46.00

The Pregnancy Encyclopedia is an engaging and accessible question-and-answer guide to some of the most commonly asked questions about pregnancy, packed with full-color photographs and illustrations and adapted for Canada by Dr. Beth Cruickshank.

The Pregnancy Encyclopedia has answers to all your questions—including the ones you haven't even thought of yet. Top experts in the field offer encyclopedic coverage of the topics relating to pregnancy and birth, from fertility and family planning to nutrition and exercise to lifestyle changes, planning for the future, and more. In all, this comprehensive guide covers more than 300 topics of interest to expecting mothers and their partners.

The Pregnancy Encyclopedia is the only book that uses an engaging Q&A style with accompanying full-color photographs, illustrations, and infographics to help you understand what's going on with your baby, your partner, and yourself.



Push Back

Guilt in the Age of Natural Parenting

by Amy Tuteur

ISBN: 9780062407344

Binding: Hardback

Publisher: HarperCollins

Pub. Date: 2016-04-05

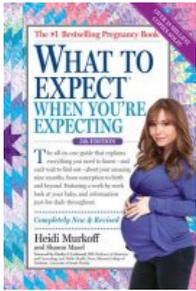
Pages: 384

Price: \$33.50

A Harvard-trained obstetrician-gynecologist, prominent blogger, and author of the classic *How Your Baby Is Born* delivers a timely, important, and sure to be headline-making expose that shines a light on the natural parenting movement and the multimillion-dollar industry behind it.

The natural parenting movement praises the virtues of birth without medical interference, staunchly advocates breastfeeding for all mothers, and hails attachment parenting. Once the exclusive province of the alternative lifestyle, natural parenting has gone mainstream, becoming a lucrative big business today.

But those who do not subscribe to this method are often made to feel as if they are doing their children harm. Dr. Amy Tuteur understands their apprehensions. "Parenting quickly feels synonymous with guilt. And of late, there is no bigger arena for this pervasive guilt than childbirth." As a medical professional with a long career in obstetrics and gynecology and as the mother of four children, Tuteur is no stranger to the insurmountable pressures and subsequent feelings of blame and self-condemnation that mothers experience during their children's early years. The natural parenting movement, she contends, is not helping them raise their children better. Instead, it capitalizes on their uncertainty, manipulating parents when they are most vulnerable. In *Push Back*, she chronicles the movement's history from its roots to its modern practices, incorporating her own experiences as a mother and successful OB-GYN with original research on the latest in childbirth science. She also reveals the dangerous and overtly misogynistic motives of some of its proponents—conservative men who sought to limit women's control and autonomy. As she debunks, one by one, the guilt-inducing myths of natural birth and parenting, Dr. Tuteur empowers women to embrace the method of childbirth that is right for them, while reassuring all parents that the most important thing they can do is love and care for their children.



What to Expect When You're Expecting (Revised Edition)

by Heidi Murkoff

ISBN: 9780761187486

Binding: Paperback

Publisher: Workman Publishing Co

Pub. Date: 2016-05-31

Pages: 656

Price: \$23.95

America's pregnancy bible answers all your baby questions.

When can I take home a pregnancy test?

How can I eat for two if I'm too queasy to eat for one?

Can I keep up my spinning classes?

Is fish safe to eat? And what's this I hear about soft cheese?

Can I work until I deliver? What are my rights on the job?

I'm blotchy and broken out--where's the glow?

Should we do a gender reveal? What about a 4-D ultrasound?

Will I know labor when I feel it?

Your pregnancy explained and your pregnant body demystified, head (what to do about those headaches) to feet (why they're so swollen), back (how to stop it from aching) to front (why you can't tell a baby by mom's bump). Filled with must-have information, practical advice, realistic insight, easy-to-use tips, and lots of reassurance, you'll also find the very latest on prenatal screenings, which medications are safe, and the most current birthing options--from water birth to gentle c-sections. Your pregnancy lifestyle gets equal attention, too: eating (including food trends) to coffee drinking, working out (and work) to sex, travel to beauty, skin care, and more. Have pregnancy symptoms? You will--and you'll find solutions for them all. Expecting multiples? There's a chapter for you. Expecting to become a dad? This book has you covered, too. Â