

BOOKS
RECOMMENDED FOR PARENTS

Immaculate Deception: A Fresh Look at Childbirth,
Suzanne Arms, Celestial Arts, Berkeley, 1994

Seasons of Change: Growing Through Pregnancy & Birth,
Suzanne Arms, Kivaki Press, Durango, Colorado, 1994.

Parenting For A Peaceful World, Robin Grille, 2005
(History of violent child rearing practices & how parenting customs can shape violent or peaceful societies.)

Your Amazing Newborn, Marshall & Phyllis Klaus,
Perseus Books, 1998. (Wonderful photos--great for new parents)

Your Baby & Child: Birth to Age Five, Penelope Leach
Knopf, Revised edition, 1997

Connection Parenting: Parenting Through Connection instead of Coercion, Through Love instead of Fear, Pam Leo, Wyatt-Mackenzie, 2005
(Excellent book for helping parents form positive relationships with young children.)

The Continuum Concept: In Search of Happiness Lost, Jan Liedoff, Perseus Books, 1977

After the Baby's Birth, Robin Lim, Celestial Arts, Berkeley, 2001.

Eating for Two, Robin Lim, Celestial Arts, Berkeley, 2003.

Loving Mama: Essays on Natural Parenting & Motherhood, Edited by Tiffany Palist, Hats Off Books, Tucson, 2004

Magical Child, Joseph Chilton Pearce, Plume Books; Reissue edition, 1992

Magical Parent & Magical Child: The Art of Joyful Parenting, Michael Mendizza & Joseph Chilton Pearce, North Atlantic Books, 2004
(Great for helping understand children's needs)

Parenting from the Inside Out: How a Deeper Self Understanding Can Help You Raise Children who Thrive, Daniel Siegel, MD & Mary Hartzell, M.Ed, Putnam, 2003.
(Great for helping parents heal from their own lack of attachment.)

Our Babies Ourselves: How Biology and Culture Shape the Way We Parent, Meredith F. Small, Random House, 1998.

The Secret Life of the Unborn Child, Thomas Verny, Dell, 1986.
(Helps with understanding of Infants' awareness even before birth.)