

**BOOKS RECOMMENDED FOR  
PROFESSIONALS**

Blaffer Hrdy, Sarah, Mother Nature: Maternal Instincts and How They Shape the Human Species, Ballantine, 1999.

Clark, Mary E, In Search of Human Nature, Routledge, 2002.

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

Hubbell Maiden, Anne & Edie Farwell, The Tibetan Art of Parenting: From Before Conception Through Early Childhood, Wisdom Publications, 1997.

Karen, Robert, Becoming Attached, First Relationships and How They Shape Our Capacity to Love, Oxford University Press, 1998.

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

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

Liedloff, Jean, The Continuum Concept, Perseus Books, 1977.

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

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

Mendizza, Michael & Chilton Pearce, Joseph, Magical Parent & Magical Child: The Art of Joyful Parenting, North Atlantic Books, 2004

Schore, Allan N., Affect Regulation and the Origin of the Self: The Neurobiology of Emotional Development, Lawrence Erlbaum, 1994.

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

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

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

**Organizations that support Infant Mental Health:**

Association of Pre and Perinatal Psychology & Health  
(APPPAH) <<http://www.birthpsychology.com/>>

Alliance for Transforming the Lives of Children  
<http://atlc.org/index.php>

Oregon Network for Infant Mental Health [ONIMH], Eugene, Oregon  
Director: Charlotte Peterson, Ph.D. [drcharpeterson@yahoo.com](mailto:drcharpeterson@yahoo.com)