

# Resource List

## **Our top recommendations**

Primal Health *Michel Odent*

Parenting from the Inside Out *Daniel Seigel & Mary Hartzell*

Tomorrow's Baby *Thomas Verny & Pamela Weintraub*

Getting the Love you Want *Harville  
Hendrix*

**Pregnancy**

**Parenting (general)**

**Practical Parenting Issues**

**Emotions & Psychology**

**Some background on science & Development**

*Titles listed in alphabetical order*

# Pregnancy

## **Birth without Violence – Revised Edition of the Classic**

Frederick Leboyer, M.D. ISBN – 10: 089281983

Frederick Leboyer was a pioneer in the field of birth and was one of the first obstetricians to show that babies are born with the ability to experience a full range of emotions: he was pivotal in encouraging parents and professionals to consider birth from a baby's point of view. A very moving book, poetic in parts, with stunning photographs.

## **Gentle Birth Method**

Dr Gowri Motha Thorsons ASBN 0 00 717684 8

Superbly written and comprehensive guide for pregnancy: month-by-month preparation; nutritional advice; visualisations; movements; as well as in-depth discussion on bonding through pregnancy. There are also delicious recipes included that are wheat and dairy free – to help with detox tips Dr Motha offers through the book. Dr Motha also runs gentle birth preparation classes, and guidance in self-hypnosis for birth.

## **Prenatal Parenting**

Frederick Wirth, MD. Harper Collins ISBN 0 - 06 – 0394226

An excellent, impassioned plea from Dr. Wirth to honour the needs of your prenatal baby and succeed in having a full term pregnancy. Based on clinical research and including plenty of practical advice on ways mothers can support the well being of their baby in the womb.

## **Primal Health**

Michel Odent Clairview Books ISBN 1 902636 33 3

An overview of the importance of the critical period between conception and the first birthday, by one of the world's leading authorities on early life and the long term effects of experiences, including birth. Dr Odent's emphasis is on what babies need for health and optimal development – and how to avoid practices and habits that may have negative effects.

## **Tomorrow's Baby**

Thomas Verny MD. and Pamela Weintraub Simon & Schuster ISBN 0 - 684-87214-5

Dr Verny is the world's leading authority on the effects of the prenatal and early postnatal environment on personality development. This book is informative and practical. It includes a self-help questionnaire aimed to increase awareness of your own pre- and peri-natal experience and the influence it may have had on forming your personality and behaviour patterns.

# Parenting

## **Birth and Beyond**

Dr. Yehudi Gordon et al Vermillion 2002 ISBN 0-091-85694-9

Spanning your baby's and your family's life from conception until 9 months + after birth, this has come to be known as 'the bible' for expectant parents and parents of young children. Informative and deeply practical, it acknowledges babies' feelings and experiences in pregnancy and beyond, and combines parents' and grandparents' wisdom with medical advice and complementary therapy tips.

## **Mother and Baby Health**

Dr Yehudi Gordon, Harriet Sharkey, Andy Raffles and Felicity Fine  
Vermillion ISBN 978-0-09-191285-7

Easy reference health guide for mother and baby for pregnancy, birth and beyond. Written by the Birth and Beyond team, this book contains exciting new material on baby's emotions, feelings and relationships within the family.

## **Parenting from the Inside Out** (for all ages)

Daniel Siegel, M.D., and Mary Hartzell M.Ed Tarcher Putnam ISBN 1-58542-209-6

Daniel is a child psychiatrist and Mary an early childhood educator. They reveal how parents' early life experiences affect their emotional state and how this in turn affects the relationship they can expect to have with their children. The message is: it is never too late to make repair.

## **[www.kangaroomothercare.com](http://www.kangaroomothercare.com)**

Dr Nils Bergman's website with details on how KMC is used, and insights into its huge benefits. If you were interested in the DVD we showed on the weekend, you may want to visit this site for some background info. You can also buy the KMC shirts via this site.

## **[www.naturalchild.org/james\\_mckenna/](http://www.naturalchild.org/james_mckenna/)**

Website of 'The Natural Child Project' – useful if you're interested in finding out more about sleeping with your baby. Professor James McKenna is one of the world's leading authorities on baby sleep, and the many issues connected with it: health, development, bonding, safety etc.

## **[www.thebabyswebsite.com](http://www.thebabyswebsite.com)**

The website of Peter Walker, who is globally acclaimed as the doyen of baby massage; Peter was with the Babiesknow team in its infancy, and has worked alongside Yehudi Gordon for many years. The website is packed full of information about the benefits of touch, and you can order DVDs from here to suit your child's age and stage of development.

## **DVD: Nature, Nurture and the Power of Love**

Dr Bruce Lipton

Eminent scientist and inspirational lecturer Bruce Lipton talks about the biology of conscious parenting, revealing just how parents shape the character and potential of their children's lives. Lipton clearly explains scientific principles and new insights into the simple and effective ways parents can give their children a good start in life – with lasting effects.

# Practical Parenting Issues

## **Baby Led Weaning – Helping your baby to love good food.**

Gill Rapley and Tracey Murkett                      Vermilion ISBN 978-0-09-192380-8

Interesting discussion on how we came to feed our babies purees, and a logical argument in favour of allowing our children to be in control of their food intake. Good advice on the transitional period of weaning, including children's physiological and emotional development.

## **Do Not Disturb – The benefits of relaxed parenting for you and your child**

Deborah Jackson                      Bloomsbury 1991 ISBN 0-7475-0771-6

Deborah Jackson provides thought provoking books that reaffirm the Babiesknow philosophy. She believes that babies, toddlers and older children know what they need. She has found that children develop well when parents learn to be supportive rather than controlling.

## **Learning Early**

Dorothy Einon                      Marshall Publishing ISBN 1-84028-092-1

A colourful and practical book designed to help parents follow and stimulate their baby's natural progression of development. It's not about hot-housing your child, but does illustrate playful, fun ways to promote learning and confidence, with good ideas if you're stuck for games or creativity.

## **Magical Parent Magical Child**

Michael Mendizza with Joseph Chiltern Pearce  
North Atlantic Books 2003 ISBN 9 781556434976

In a world where we adultify children, this book is a must. It advocates the importance of children learning through play and of each parent understanding their child through their child's eyes rather than their own. Targeted at older babies through to children around the age of 6.

## **Raising Babies – Should under 3s go to nursery?**

Steve Biddulph                      Thorsons ISBN 0-00-722192-4

This short book is easy to read, well documented and questions whether nurseries are the best place to care for our young children. A good book to read well in advance of the time you think you'll be considering using a nursery or other childcare setting.

## **The Attachment Parenting Book**

William & Martha Sears                      Little, Brown & Company ISBN 0 316 77809 5

A practical and inspiring book by the doctor-nurse couple who coined the term 'attachment parenting' nearly 30 years ago. It reveals the benefits of close connection between parents and their children – looking at issues from breastfeeding and sleeping to playing, coping with crying, combining work with family life, and the parental relationship. Realistic and informative.

## **Three in a Bed: The Benefits of Sleeping with your Baby**

Deborah Jackson                      Bloomsbury ISBN 0-7475-1524-7

A gentle and well-researched book on sleep: why sleeping together is good for you and for your baby. A useful and reassuring book for any parents who wish to have their baby or babies in the family bed.

## **Unconditional Parenting – Moving from Rewards and Punishments to Love and Reason**

Alfie Kohn     Atria Books ISBN 10: 0743487486

Alfie Kohn asks the question: What do children need and how can we meet that need? He then presents ideas of working with children rather than doing things to them, a concept that contributes to bonding, and trusting, loving relationships. His approach may help parents step out of inherited or favoured styles among friends and peer groups, and try new ways of working with difficult situations.

## **What Every Parent Needs to Know: The Incredible Effects of Love, Nurture and Play on Your Child's Development.**

Margot Sunderland     DK ISBN 1-4053-1486-9

Clear, useful and practical guide to raising children, using recent scientific research from the field of neuroscience to support its advice. This book is a wonderful combination of the empathetic, scientific and common sense.

## **Emotions & Psychology**

### **A General Theory of Love**

Thomas Lewis, M.D., Fari Amini, M.D., Richard Lannon, M.D.

Vintage Books ISBN 0 375 70922 3

This book manages to shed light on the science of emotions in a light and easy-to-absorb way: revealing how the earliest relationships we have influence our emotional tendencies throughout life. Read this and you will be left with no doubt that your baby's emotions and experiences in relationship with you now are of the utmost importance – and you can positively influence your baby's life now, and for the future.

### **Getting the Love You Want - A Guide for Couples**

Harville Hendrix     ISBN -13-978-0-7434-9592-9

Harville Hendrix and his wife look at marriages through the idea of an Imago, an ideal mental picture of your parent that you created in childhood and the reason you were attracted to your partner. The book is easy to read and offers a series of exercises to improve couples relationships. Hendrix has come to many of the same conclusions as the Babiesknow Team.

### **The Drama of Being a Child**

Alice Miller     Virago ISBN 1 86049 101 4

Perhaps Alice Miller's most thought-provoking and life-changing book. This explores the impact on our adult lives of the experiences we have in our earliest relationships as babies. Alice Miller is globally recognised for her insights into the causes and effects of harmful relationships on children, adults and society.

### **Why Love Matters**

Sue Gerhardt

Routledge ISBN 1 58391 817 5

Accessible and packed full of facts about brain development, this book shows why love in the early years matters, and how our early relationships inform how we feel and behave in adulthood – and when we become parents. Sue Gerhardt puts some complex neuroscience and psychotherapeutic issues into ‘lay’ language. Often credited as ‘essential’ reading for parents and anyone connected with children.

### **The Mind of Your Newborn Baby**

David Chamberlain

North Atlantic Books ISBN 1-55643-264-X

In this groundbreaking book, Dr. Chamberlain demonstrates that newborns are fully cognitive human beings with the ability to communicate, discriminate and experience the world in sophisticated ways.

### **The Philosophical Baby**

*What children’s minds tell us about truth, love and the meaning of life.*

Alison Gopnik

Bodley Head ISBN –978-1-847-92107-9

This book offers a wonderful insight into how babies make sense of themselves and their world, by continually building on each experience from conception onwards. Read this if you are interested in what it is to be a human being.

## **Some background on science & infant development**

### **Biology of Perception**

DVDs of Bruce Lipton lectures – available via You Tube

Bruce Lipton talking about how perception and behaviour control biology, and the new science of epi-genetics. Watch this and you’ll find out not only the significance for children in the early years, but also how it’s possible to increase health by altering perception.

### **Everything your baby would ask ...if only he or she could talk**

Kyra Karmiloff & Annette Karmiloff-Smith

Golden Books ISBN 1-582-38003-1

A touching and deeply informative book about baby development that really takes the baby’s point of view into account. There is easy to digest coverage of brain development, and the ways you learn to recognise things, to speak and to walk; how memory works; relationships; emotions; and more.

### **How Babies Think**

Alison Gopnik, Andrew Meltzoff, Patricia Kuhl

Weidenfeld & Nicolson ISBN 0-297-84227-7

One of the first books published for non-academics that looks in detail at how baby’s perceive their worlds, experiment, explore and learn; with particular focus on brain and speech development.

### **Molecules of Emotion**

Candace Pert                      Simon & Schuster ISBN 0-671-03397-2

Written by one of the most eminent professors of physiology and biophysics, this book reveals with remarkable clarity the relationship between emotions and our bodies. Candace Pert brings this subject to life with personal anecdotes and explains everything from endorphins to sadness, and even sheds light on consciousness – really interesting both for self-awareness, and for an appreciation of why love matters to our babies and children.

### **The Scientist in the Crib**

Alison Goopnik, Andrew Meltzoff, Patricia Kuhl  
William Morrow and Company ISBN 0-688-15988-5

A fascinating book from this engaging team of American scientists, revealing just what goes on in our babies' brains as they explore, engage and learn. It establishes that babies are not passive learners, but are actively involved in creating and seeking out situations to deepen their understanding and development; and are also powerful communicators. The authors hope that: 'Parents who read this book should find themselves feeling both the shock of recognition and the shock of the new' – a good combination that they do manage to achieve.

*We are always updating this resource list, and will soon post it on the website. If you have any suggestions of other useful resources – books, DVDs, websites – we'd love to hear from you.*