

# Bellingham Technical College

BTC offers parent-discussion classes and parent presentations throughout Whatcom County. In addition, they offer classes for parents to take with their infants, toddlers, and preschoolers in Bellingham.

For information call 752-8350



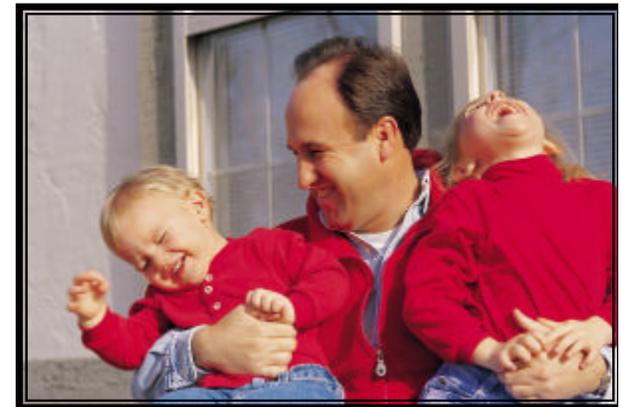
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BTC's mission is to deliver superior professional technical education for today's needs and tomorrow's opportunities.

*Bellingham Technical College is committed to the principles of affirmative action and is an equal opportunity employer.*

# Recommended Reading for Parents with Infants



**Child & Family Studies  
Bellingham Technical College**

## Recommended Reading List

The Baby Book: Everything You Need to Know About Your Baby (2003)

by William and Martha Sears

From bonding to breastfeeding, this book emphasizes a baby's basic needs and helps new parents meet those needs through the loving, nurturing, attachment style of parenting.

Becoming the Parent You Want to Be (1997) by Laura Davis and Janis Keyser

A source book of strategies for the first five years of your parenting journey. The book highlights nine principles for the parenting journey and offers practical suggestions for many parenting situations.

Child of Mine (2000)

by Ellyn Satter

Written by a respected, registered dietician, this book covers breast and bottle feeding, when and how to introduce solids, nutritional guidance, and social and emotional issues surrounding mealtime.

Child Proof Your Home (1991)

by Vicki Lansky

A baby's curiosity and need to explore is insatiable. This book takes a room-by-room approach to make his environment safe for him to explore. Outdoor safety, travel, and poison prevention are also discussed

Feed Me I'm Yours (Rev. 1994)

by Vicki Lansky

Are you at a loss as to how to start your infant on

solid foods? Are you looking for some new, nutritious recipes for your baby? This book will show you how to safely make baby food from scratch. Healthy snacks, finger foods, seasonal recipes and even kitchen crafts are included.

Games Babies Play from Birth to Twelve Months (1993) by Vicki Lansky

Over 100 games and activities that delight both baby and caregiver are organized into three-month sections to keep pace with a baby's changing abilities.

Positive Discipline the First Three Years (1992) By Jane Nelsen

This book gives you insight into the brain of a child during the first three years of life. It helps you recognize when your child is ready to master the challenges of sleeping, eating, and potty training, and how to avoid the power struggles that often come with those lessons. Jane Nelsen writes about ways to use non-punitive methods to instill valuable social skills and positive behavior inside and outside the home.

Sign with Your Baby (2002)

by Joseph Garcia

A guide to communicating with infants before they can speak.

The Sleep Book for Tired Parents (1991)

by Rebecca Huntley

This book covers several different techniques a parent can choose to encourage healthy sleep habits in their child. The family bed, progressive crying, and living with the present situation are a few of the topics discussed.

Sleeping Through the Night: How Infants, Toddlers, and Their Parents Get a Good Night's Sleep (1997) by Jodi Mindell

This comprehensive book covers the basics of sleep, getting through the first few months, bedtime routines, bedtime struggles, and night wakings. A wide variety of strategies for both parents and children are provided.

Touchpoints (1992)

by T. Berry Brazelton, M.D.

This wonderfully reassuring book covers typical "touchpoints" or phases that many children experience in both their emotional and physical development. It also offers insights into common concerns of parents, such as divorce, sex, and illness.

What to Expect the First Year (2003)

by Eisenberg, Murkhoff and Hathaway

A comprehensive month-by-month guide that clearly explains everything parents need to know about the first year with a new baby.

The Womanly Art of Breastfeeding (2004) by

LaLeche League International

This book provides breastfeeding information with a warm, supportive, practical approach and explains the substantial benefits of human milk for babies.

Your Baby and Child from Birth to Five (1997) by

Penelope Leach

Following a chronological progression, this book covers development, feeding, sleeping, comforting, and discipline in an easy-to-read format.