



# Baby 'n' Me

## Recommended Reading List for Parents with Infants

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**Touchpoints**, T. Berry Brazelton, M.D. (1992)  
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 illnesses.

**American Academy of Pediatrics: Caring for Your Baby and Young Child Birth to Age 5**, ed. Steven Shelov, M.D. (1991)  
This comprehensive book contains information on development, health, safety and child care issues.

**Your Baby and Child from Birth to Age 5**, Penelope Leach (1990)  
Following a chronological progression, this book covers development, feeding, sleeping, comforting and discipline in an easy to read format.

**What to Expect the First Year**, Arlene Eisenbert, Heidi Murkoff, Sandee Hathaway (1989)  
This detailed book follows your infant’s growth month by month. Topics include what the health care provider will look for at each check up, common feeding concerns, what is important to know at each developmental stage, and environmental hazards.

**Feed Me, I’m Yours**, Vicki Lansky (1991)  
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 make baby food from scratch safely. Healthy snacks, finger foods, seasonal recipes and even kitchen crafts are included.

**Your Self-Confident Baby**, Magda Gerber, Allison Johnson (1998)  
How to encourage your child’s natural abilities—from the very start.

**The Sleep Book for Tired Parents**, Rebecca Hungley (1991)  
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.

**Your Child’s Self-Esteem**, Robert Pantell, M.D., James Fries, M.D., Donald Bickery, M.D. (1985)  
Have you ever felt unsure as to when to call the doctor if your child is ill? This book’s unique format can help make that dilemma easier to resolve. Common injuries and illnesses are listed alphabetically. An informative narrative is followed by a diagram with suggestions for home remedies, things to watch for, and when to call the doctor.

**The Baby Book**, William Sears, M.D, Martha Sears (1993)  
A comprehensive guide to infant care. Emphasizes five basic needs of babies-eating, sleeping, development, health, and comfort-also provides specific information on illnesses, parent-child bonding, and more.

**Sign with Your Baby**, Joseph Garcia (1999)  
How to communicate with your infants before they can speak.

**Feeding With Love and Good Sense**, Ellyn Satter (1989)  
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.