New Baby Resources for Parents

These books, DVDs and websites are available at public libraries, bookstores and from online vendors to help teach parents about their new baby.

Books

  
  Advice from pediatricians, psychiatrists, obstetricians, midwives, parents and childbirth educators. Includes special activities to share with the first child during the last few weeks of pregnancy.

  
  The author writes about the first three years of life with two children, providing tips, insights, and comic relief.

  
  Cohen, a pediatrician, gives practical advice to parents of infants while sharing his own sometimes comical first year as a father.

  
  In a series of nearly wordless, highly informative, often hilariously illustrated, step-by-step activities, dads-to-be learn how to do dozens of useful tasks.

Written by a child psychologist. Discusses all parts of sibling relationships.

• Twice Blessed: Everything You Need to Know about Having a Second Child -- Preparing Yourself, Your Marriage, and Your Firstborn for a New Family of Four, by Joan Leonard, ISBN 0-312-25430-X.

What to expect as the family grows from three to four during the first weeks after baby’s birth and through the first year.


Practical tips and advice including “how I did it” suggestions from real moms.

**DVDs**

• Bringing Baby Home DVD, publisher Liandrea Company, 71 minutes.

This DVD covers birth to six months with demonstrations on daily activities such as diapering, bathing, and breastfeeding. It also discusses basic health concerns including colic, jaundice, fever, and vaccine reactions.

• Growing Green Babies, publisher Gaiam Americas, 100 minutes.

This program offers parents pre- and post-natal advice, as well as a guide to creating a green nursery, holistic medical and nutritional tips, and organic recipes. Also included is a guide to sustainable living cleaning products, cosmetics, diapers, and other home goods.

• Preparing for Parenthood, publisher New Screen Concepts, 30 minutes.

Host Whoopi Goldberg talks about prenatal care, how to prepare for a baby’s birth, and how and where to get parenting help.

• Taking Care of Baby: Tips and Techniques, publisher Snowden Media, 25 minutes.

This DVD is aimed at parents as well as teen babysitters. Clear demonstrations show how to hold and lift, diaper, bathe and feed babies. Basic home medical care of babies is also explained. In English and Spanish.
• **To Be a Father**, publisher New Screen Concepts, 30 minutes.

  Hosted by Ray Romano, this film shows how fathers can actively participate in the healthy development of their newborn babies and young children.

**Websites**

• **American Academy of Pediatrics**
  [http://www.healthychildren.org](http://www.healthychildren.org)

  The AAP is a national professional association. “Healthy Children” is their website for parents. Here you will find parenting tips, free brochures, news and health topics affecting children from birth through 21.

• **Girls Health**
  [http://www.girlshealth.gov](http://www.girlshealth.gov)

  This is part of the U.S. Department of Health and Human Services. It is for girls 10 to 16 years old and their parents. It focuses on health and social topics that girls are concerned about and helps motivate them to choose healthy behaviors. The message is positive and supportive.

• **Kids Health**
  [http://kidshealth.org](http://kidshealth.org)

  This highly respected Web site has three sections: one for parents, one for children ages 6 to 13, and one for teens, ages 14 to 19. Age appropriate articles on health and social topics, written by experts, are supported by related articles and websites. Child and teen sections have interactive quizzes and news feeds. Readers can sign up for e-newsletters.

• **Lamaze International**
  [www.lamaze.org](http://www.lamaze.org)

  This website has pregnancy, birth and baby rearing information, online chat and newsletters, and locations of childbirth classes.
• March of Dimes  
  www.marchofdimes.com  
  This website is dedicated to improving the health of babies by preventing birth defects, premature birth and infant mortality. The sections “Pregnancy” and “Newborn” are aimed at parents. Includes online videos, a blog and an e-newsletter. In English and Spanish.

• Medline Plus  
  http://medlineplus.gov  
  A service of the U.S. National Library of Medicine, this web site is a portal to highly trustworthy web sites about all health topics. Use the search box for “pregnancy,” “parenting,” “siblings,” “multiples,” etc. In English and Spanish.

• National Healthy Mothers, Healthy Babies Coalition  
  www.hmhb.org  
  Doctors, nurses, and teachers provide prenatal and infant care information in the “You & Your Family” section.

• National Responsible Fatherhood Clearinghouse  
  www.fatherhood.gov  
  This is a service of the U.S. Department of Health and Human Services. Click on the tab “For Dads” to find tips and information about being a father. In English and Spanish.

• Understanding and Raising Boys  
  www.pbs.org/parents/raisingboys  
  This is an online guide from the Corporation for Public Broadcasting (PBS). There are links to online videos, articles and question & answer sections from health experts.

• Women’s Health  
  http://womenshealth.gov/pregnancy/  
  Information and Web links about pregnancy, childbirth and caring for a newborn. In English and Spanish.

Talk to your doctor or others on your health care team if you have any questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.