



## Lending Library

You are welcome to check out books and/or DVD's from our Lending Library! If there's an item you'd like, send us an email at [info@cascadiabirth.com](mailto:info@cascadiabirth.com), and we will bring it to your next appointment. All items must be returned by the last scheduled appointment. If you have donations for the Lending Library, please let us know. We'd be happy to share your gently used materials with other clients!

<b>Pregnancy and Childbirth</b>	<b>2</b>
<b>Postpartum</b>	<b>3</b>
<b>Postpartum Depression</b>	<b>3</b>
<b>Nutrition and Cookbooks</b>	<b>4</b>
<b>Women's Health</b>	<b>4</b>
<b>Breastfeeding</b>	<b>5</b>
<b>Pregnancy Loss and Healing</b>	<b>5</b>
<b>DVD's</b>	<b>6</b>
<b>Blessingways</b>	<b>6</b>
<b>Infant/Toddler Care</b>	<b>6</b>
<b>Child Development</b>	<b>8</b>
<b>Discipline and Communication Skills</b>	<b>9</b>
<b>Special Needs</b>	<b>9</b>
<b>Adoption</b>	<b>10</b>
<b>Diversity</b>	<b>11</b>
<b>Montessori</b>	<b>11</b>



## Pregnancy and Childbirth

### **Pregnancy, Childbirth and the Newborn**

by Simkin, Whalley, Keppler, Durham, and Bolding

### **The Complete Book of Pregnancy and Childbirth**

by Sheila Kitzinger

### **The Birth Partner (3rd Edition): A Complete Guide to Childbirth for Dads, Doulas and All Other Labor Companions**

by Penny Simkin

### **Birthing From Within: An Extra-Ordinary Guide to Childbirth Preparation**

by Pam England and Rob Horowitz

### **The Thinking Woman's Guide to a Better Birth**

by Henci Goer and Rhonda Wheeler

### **Our Bodies, Ourselves: Pregnancy and Birth**

Boston Women's Health Collective

### **Ina May's Guide to Childbirth**

by Ina May Gaskin

### **The Natural Pregnancy Book: Herbs, Nutrition and Other Holistic Choices**

by Aviva Jill Romm and Ina May Gaskin

### **The Doula Book**

by Marshall Klaus, John Kennell, and Phyllis Klaus

### **Orgasmic Birth**

Elizabeth Davis and DEbra Pascali-Bonaro



## Postpartum

After the Baby's Birth: A Complete Guide for Postpartum Women

by Robin Lim

Mothering the New Mother: Women's Feelings and Needs After Childbirth

by Sally Placksin

The Year After Childbirth: Enjoying Your Body, Your Relationships, and Yourself in Your Baby's First Year

by Sheila Kitzinger

The Joy of Twins and Other Multiple Births: Having, Raising and Loving Babies That Arrive in Groups

by Pamela Patrick Novotny

## Postpartum Depression

This Isn't What I Expected: Overcoming Postpartum Depression

by Karen Kleiman

The Mother-to-Mother Postpartum Depression Support Book

by Sandra Poulin

Women's Moods, Women's Minds: What Every Woman Must Know About Hormones, the Brain and Emotional Health

by Deborah Sichel



## Nutrition and Cookbooks

Super Baby Food

by Ruth Yaron

Your Vegetarian Pregnancy: A Month-By-Month Guide to Health and Nutrition

by Holly Roberts

Every Woman's Guide to Eating During Pregnancy

by Martha Rose Schulman and Jane Davis

The Vegetarian Mother's Cookbook

by Cathe Olson

Feeding the Whole Family: Cooking with Whole Foods

by Cynthia Lair

## Women's Health

Wise Woman Herbal for the Childbearing Year

by Susun Weed

Taking Charge of Your Fertility: The Definitive Guide to Natural Birth Control,  
Pregnancy Achievement and Reproductive Health

by Toni Weschler

Women's Bodies, Women's Wisdom

by Dr. Christiane Northrup

Woman: An Intimate Geography

by Natalie Angier



## Breastfeeding

### **Bestfeeding: How to Breastfeed Your Baby**

by Suzanne Arms, Chloe Fisher, and Mary Renfrew

### **The Nursing Mother's Guide to Weaning**

by Kathleen Huggins

### **The Nursing Mother's Companion**

by Kathleen Huggins

### **Nursing Mother, Working Mother**

by Kathleen Huggins

### **The Womanly Art of Breastfeeding**

by La Leche League International

### **Breastfeeding the Adopted Baby**

by Debra Stewart Peterson

## Pregnancy Loss and Healing

### **Unspeakable Losses: Healing from Miscarriage, Abortion, and Other Pregnancy Loss**

by Kim Kluger-Bell

### **Help, Comfort and Hope: After Losing Your Baby in Pregnancy or the First Year**

by Hanna Lathrop

### **Ended Beginnings: Healing Childbearing Losses**

by Claudia Panuthos and Catherine Romeo

### **A Silent Sorrow: Pregnancy Loss: Guidance and Support for You and Your Family**

by Ingrid Kohn and Perry Lynn Moffit

### **The Healing Choice: Your Guide to Emotional Recovery After an Abortion**

by Candace De Puy and Dana Dovitch



## DVD's

Baby's 1st Months

Caring for Your Newborn

Edison's Day

*Follows 20 month-old Edison throughout his day as his family integrates Montessori principles of holistic child development and the prepared environment into their family life.*

In A Montessori Home: A Parent's Guide to Preparing the Home for Children  
Birth to Three

*Three families introduce how the Montessori philosophy is in practice in their home. The video covers the preparation of the home from birth to three years and describes the four main areas to be prepared in a home: sleeping, dressing, eating, and playing.*

## Blessingways

Mother Rising

by Yana Cortlund, Barb Lucke, Donna Miller Watelet, and Pam England

Blessingways: A Guide to Mother-Centered Baby Showers: Celebrating Pregnancy, Birth and Motherhood

by Shari Maser

## Infant/Toddler Care

Gentle Birth, Gentle Mothering: A Doctor's Guide to Natural Childbirth and Gentle Early Parenting Practices

by Sarah Buckley

Infant Massage: A Handbook for Loving Parents

by Vimala Schneider McClure



**The New Father: A Dad's Guide to the First Year**  
by Armin Brott

**Sleeping with Your Baby: A Parent's Guide to Co-Sleeping**  
by James McKenna

**The Baby Book: Everything You Need to Know About Your Baby From Birth to Age Two**  
by William Sears, Martha Sears, Robert Sears and James Sears

**The Vaccine Book: Making the Right Decision for Your Child**  
Robert W. Sears

**Preemies, 2nd Edition**  
Dana Weschler Linden, Emma Trenti Paroli, Mia Weschler Doron



## Child Development

What's Going On In There? How the Brain and Mind Develop in the First Five Years of Life  
by Lise Eliot

Pink Brain, Blue Brain: How Small Differences Grow Into Troubling Gaps--and What We Can Do About It  
by Lise Eliot

The Scientist in the Crib: What Early Learning Tells Us About the Mind  
by Alison Gopnik, Andrew Meltzoff and Patricia Kuhl

Our Babies, Ourselves: How Biology and Culture Shape the Way We Parent  
by Meredith Small

The Primal Teen: What the New Discoveries About the Teenage Brain Tell Us About Our Kids  
by Barbara Strauch

Real Boys: Rescuing Our Sons From the Myths of Boyhood  
by William Pollack



## Discipline and Communication Skills

### Positive Discipline

by Jane Nelson

### Taking Charge: Caring Discipline That Works at Home and At School

by JoAnne Nordling

### Smart Moves: Why Learning is Not All in Your Head

by Carla Hannaford

### Nonviolent Communication, and Companion Workbook

Marshall Rosenberg

## Special Needs

### Sensational Kids: Hope and Help for Children with Sensory Processing Disorders

by Lucy Jane Miller

### Unstrange Minds: Remapping the World of Autism

by Roy Richard Grinker

### Multiple Intelligences

by Howard Gardener

### The Temperament Perspective: Working with Children's Behavioral Styles

by Jan Kristal



## Adoption

### Cultures of Transnational Adoption

Alice Volkman, editor

### The Language of Blood

by Jane Jeong Trenka

### Transnational Adoption: A Cultural Economy of Race, Gender and Kinship

by Sarah Dorow

### Fugitive Visions

by Jane Jeong Trenka

### Strangers and Kin: THE American Way of Adoption

by Barbara Melosh

### Kinship by Design: A History of Adoption in the Modern United States

by Ellen Herman

### A Single Square Picture: A Korean Adoptee's Search for Her Roots

by Katy Robinson

### Once They Hear My Name: Korean Adoptees and Their Journeys Toward Identity

Ellen Lee, Marilyn Lammert, Mary Anne Hess, editors

### Outsiders Within: Writing on Transracial Adoption

Jane Jeong Trenka, Julia Chinere Oparah, and Sun Yung Chin, editors

### Twenty Things Adopted Kids Wish Their Adoptive Parents Knew

by Sherrie Eldridge

### Culture Keeping: White Mothers, International Adoption, and the Negotiation of Family Difference

by Heather Jacobson



## Diversity

**A Different Mirror: A History of Multicultural America**

by Ronald Takaki

**The Transgender Child: A Handbook for Families and Professionals**

by Stephanie Brill

**The New Essential Guide to Lesbian Conception, Pregnancy and Birth**

by Stephanie Brill

## Montessori

**Montessori From the Start: The Child At Home, From Birth to Three**

by Paula Polk Lillard and Lynne Lillard Jessen

**Montessori Today**

by Paula Polk Lillard

**Montessori in the Classroom**

by Paula Polk Lillard

**Understanding Montessori**

by Maren Stark-Schmidt

**Montessori Madness: A Parent to Parent Argument for Montessori**

by Trevor Eisler

**Montessori: The Science Behind the Genius**

by Angeline Lillard