

Pregnancy and Childbirth



Availability for loan:

GH 110 G63 2005 Health Information & Wellness Centre, both locations
618.2 GOE Toronto Public Library System

What to Do When You're Having a Baby by Gloria Mayer and Ann Kuklierus. La Habra, CA: Institute for Healthcare Advancement, 2004

Large print, easy-to-read information, and a question and answer format make this an excellent book to help pregnant women look after their own health and that of their babies. The book is written at about a Grade 5 reading level.

Availability for loan:

GH 100 M29 2004 Health Information & Wellness Centre, both locations

Pregnancy by C. Everett Koop. New York: Time Life Medical, 1996 30 mins.

This video provides a good overview on pregnancy, with a variety of health professional providing their insights. **Availability for loan:**
GH 100 TLM 1996 Health Information & Wellness Centre, both locations
618.2 PRE Mississauga Library System
VIDEO 62590 Toronto Reference Library

Also see our HealthFinders entitled Women's Health and Children's Health

COMMUNITY RESOURCES

Prenatal Clinic / Childbirth Education Program

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CONTACT

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<http://www.trilliumhealthcentre.org/health>

Mississauga Library System

(905) 615-3500 (for book locations)
<http://www.mississauga.ca/portal/residents/library>

Toronto Public Library

(416) 393-7131 (for book locations)
<http://www.torontopubliclibrary.ca>

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources.

HealthFinders are also available through our web site at

<http://www.trilliumhealthcentre.org/health>

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INTERNET SITES

Women's Health Matters

<http://www.womenshealthmatters.ca/centres/pregnancy>

Women's health experts from the New Women's College Hospital developed this site and play an ongoing role in its expansion and review. The pregnancy section features useful information on all aspects of pregnancy and childbirth from preconception planning to caring for the newborn.

Society of Obstetricians and Gynaecologists of Canada

<http://www.sogc.org>

This site, whilst aimed at health professionals, also offers helpful information for the consumer. At the homepage click on Women's Health Information listed in the left hand column, and then choose Pregnancy to access authoritative articles on pregnancy, childbirth and other related topics.

Lamaze International

<http://www.lamaze.org>

The mission of Lamaze International is to promote, support and protect normal birth through education and advocacy, and its philosophy acknowledges women's inherent ability to birth their babies. The site is full of information for expectant and new parents, including tips for a healthy pregnancy and normal birth, and an excellent recommended reading list.

La Leche League Canada

<http://www.lalecheleaguecanada.ca/>

The La Leche league encourages, promotes and provides mother-to-mother breastfeeding support to give babies the best possible start.

The Canadian site features a wealth of information about breastfeeding and its benefits, and provides information about how to find a La Leche group in your community.

Motherisk <http://www.motherisk.org>

This is the site of the Motherisk research program at the Hospital for Sick Children in Toronto. It provides authoritative information regarding the risks to the fetus associated with drug, chemical, infection, disease and radiation exposures during pregnancy.

KidsHealth – Pregnancy & Newborns

http://kidshealth.org/parent/pregnancy_newborn/index.html

This very informative section of the KidsHealth site covers a wide range of topics on pregnancy and childbirth. A useful feature is an illustrated week by week description of all the changes taking place in the developing baby and the mother as the pregnancy progresses.

BOOKS & VIDEOS

The Whole Pregnancy Handbook by Joel M. Evans. New York: Gotham, 2005

This guide combines the best of conventional and alternative medicine at every stage of pregnancy. Techniques covered include massage, acupressure, yoga and mind/body exercises. There are also chapters on pain management during labour and the best practices of doulas and midwives.

Availability for loan:

GH 100 E82 2005 Health Information & Wellness Centre, Mississauga
618.2 EVA Mississauga Library System
618.2 EVA Toronto Public Library System

The Complete Guide to Everyday Risks in Pregnancy & Breastfeeding by Gideon Koren. Toronto: Hospital for Sick Children & Robert Rose, 2004

This easy-to-understand volume provides descriptions of risks during pregnancy and breastfeeding from drugs, chemicals, infection, disease and radiation exposures. It is authored by the director of the Motherisk program at The Hospital for Sick Children.

Availability for loan:

GH 100 K67 2004 Health Information & Wellness Centre, both locations
618.24 KOR Mississauga Library System
618.24 KOR Toronto Public Library System

The Harvard Medical School Guide to Healthy Eating During Pregnancy by W. Allan Walker. New York: McGraw-Hill, 2006

Dr. Walker draws upon the latest research and his extensive clinical experience to explain, in plain language, the science of prenatal nutrition. He provides nutritional guidelines from preconception to year one, advice on vitamins and supplements, and includes menus and recipes.

Availability for loan:

GH 260 W25 2006 Health Information & Wellness Centre, both locations
618.242 WAL Mississauga Library System
618.242 WAL Toronto Public Library System

Healthy Pregnancy over 35 by Laura Goetzl and Regine Harford. New York: DK Publishing, 2005

This book is an excellent resource for women considering pregnancy somewhat later in life. It begins with detailed explanations of fertility and how to increase the chances of becoming pregnant, followed by a step-by-step guide through each trimester, as well as labour and delivery.