

## **Recommended Reading during your Pregnancy**

Expectant mothers will be exposed to many different sources of information about pregnancy. Sometimes you will find conflicting information which can lead to confusion about certain pregnancy issues. The internet can also be a good source for information, but there are many websites which may provide inaccurate or false information. For your reference, we have listed several good resources which may be helpful to you during and after your pregnancy. Our referral to these sites does not imply endorsement of all contents or of any commercial products which may be advertised or available from these organizations or websites.

### ***Internet Resources***

#### **Ruch Clinic**

[www.ruchclinic.com](http://www.ruchclinic.com)

Our site will help you to familiarize yourself with our practice. Patient education and helpful links are also provided. Online patient services are also available for your convenience.

#### **American Academy of Pediatrics**

<http://www.aap.org>

This site provides a parenting corner with information for parents on child and infant care. Parents can browse an alphabetical list of topics or search by age.

#### **American College of Obstetricians and Gynecologists**

<http://www.acog.org>

This website is the homepage of ACOG, the nation's leading group of professionals providing health care for women. ACOG offers information and materials on pregnancy, childbirth, breastfeeding, fertility, and women's health.

#### **America's Pregnancy Helpline**

<http://www.thehelpline.org>

This website provides consumers with information about pregnancy, including prenatal care, nutrition, fetal development, complications, and unplanned pregnancies. There is also men's information, a pregnancy calculator, and a toll-free hotline.

#### **Childbirth Connection**

<http://www.childbirthconnection.org>

This is a nonprofit organization that works to improve maternity care. The website provides information on pregnancy, labor and delivery, as well as effective pregnancy care and the rights of pregnant women.

## **Recommended Reading during your Pregnancy (Cont'd)**

### ***Internet Resources*** (Cont'd)

#### **Depression After Delivery, Inc.**

<http://www.depressionafterdelivery.com>

Depression After Delivery is a non-profit organization that provides support for women with pregnancy related depression.

#### **Food and Nutrition Information Center – Pregnancy**

<http://www.nal.usda.gov/fnic/etext/000083.html>

This website from the U.S. Department of Agriculture provides links to sources of information on nutrition in pregnancy

#### **La Leche League International**

<http://www.lalecheleague.org>

La Leche League promotes breastfeeding. The website includes articles for consumers on breastfeeding, professional information, and information on local groups and affiliates.

#### **Lamaze International**

<http://www.lamaze.org>

The goal of Lamaze classes is to increase women's confidence in their ability to give birth. The website has information for new and expectant parents, professionals, and a Lamaze educator search function.

#### **Lab Tests Online – Pregnancy**

<http://www.labtestsonline.org/understanding/conditions/pregnancy.html>

This website from the American Association of Clinical Chemistry is designed to help patients understand clinical laboratory tests. This section of the website describes laboratory tests related to pregnancy.

#### **March of Dimes**

<http://modimes.org>

The March of Dimes website includes information on pregnancy such as prenatal care, preventing birth defects and premature birth, labor and delivery, and caring for a baby.

#### **Maternal and Child Health Library National Center for Education in Maternal and Child Health**

<http://www.ncemch.org>

This site provides research and information resources on maternal and child health.

## **Recommended Reading during your Pregnancy (Cont'd)**

### ***Internet Resources*** (Cont'd)

#### **MedlinePlus – Pregnancy**

<http://www.nlm.nih.gov/medlineplus/pregnancy.html>

From the National Library of Medicine, this site for consumers includes information on pregnancy-related topics, and also includes links to other MedlinePlus pages on childbirth, high risk pregnancy, and prenatal care.

#### **Motherisk**

<http://www.motherisk.org>

Motherisk provides evidence based information for professionals and consumers about the safety or risk of drugs, chemicals, and disease during pregnancy and lactation.

#### **National Healthy Mothers, Healthy Babies Coalition**

<http://hmhb.org>

This site provides resources and education about healthy pregnancy and prenatal care.

#### **National Women's Health Information Center – Healthy Pregnancy**

<http://www.4woman.gov/pregnancy>

The pregnancy section of the NWHIC's website provides information on trying to get pregnant, prenatal care, and childbirth; and includes a due date calculator and other tools.

#### **National Women's Health Resource Center – Pregnancy**

<http://www.healthywomen.org/healthtopics/pregnancy>

This is a nonprofit, national clearinghouse for women's health information. This section of the website features information on various aspects of pregnancy and links to other resources.

#### **Sidelines – National High-Risk Pregnancy Support Network**

<http://www.sidelines.org>

Sidelines is a non-profit organization that provides support for women and their families experiencing complicated pregnancies and premature births.

#### **U.S. Social Security Administration – Popular Baby Names**

<http://www.ssa.gov/OACT/babynames>

On this website, users can browse short lists by state, decade or year, or view up to the top 1,000 names by decade. Information on obtaining social security numbers for babies is also included.

### ***Books***

#### **Chicken Soup for the Expectant Mother's Soul: 101 Stories to Inspire and Warm the Hearts of Soon-to-Be Mothers**

Jack Canfield, Mark Victor Hansen, Nancy Mitchell, Patty Aubery

ISBN: 1558747966; Pub. Date: July 2000

## **Recommended Reading during your Pregnancy (Cont'd)**

### ***Books*** (Cont'd)

#### **Great Expectations: Your All-in-One Resource for Pregnancy and Childbirth**

Sandy Jones, Marcie Jones, Claire Westdahl (With), Peter S. Bernstein (With)

SBN: 0760741328; Pub. Date: November 2004

#### **Healthy Pregnancy Over 35**

Laura Goetzl, Regine Hartford

SBN: 0756609542; Pub. Date: August 2005

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

Kathleen Huggins, Ruth A. Lawrence

ISBN: 155832304X; Pub. Date: January 2005

#### **Ultimate Breastfeeding Book of Answers**

Jack Newman, MD, Teresa Pitman

ISBN: 0761529969; Pub. Date: January 2001

#### **What to Expect When You're Expecting**

Heidi Murkoff, Arlene Eisenberg

ISBN: 0761121323; Pub. Date: January 2002

#### **Your Pregnancy & Birth, 4th Edition**

American College of Obstetricians & Gynecologists (ACOG)

ISBN 0696225913; Pub. Date: 2005

#### **Your Pregnancy Week by Week**

Glade Curtis, Judith Schuler

SBN: 1555613462; Pub. Date: January 2004