

Bringing Up Baby:

A List of Resources for New Parents

VHS 649.33 ART

The Art of Breastfeeding

Mothers, fathers and health professionals share experiences and practical information with honesty, tenderness and humour in this highly acclaimed video.

VHS 618.92 YOU

Your Baby Can Sleep

This video aims to show a practical, proven method for solving your baby's sleep problems.

VHS 155.422 YOU v. 1 and

VHS 155.422 YOU v. 2

Your Baby Can Read! (Volumes 1 and 2)

These fun and stimulating videos teach a variety of words including animals, action words, objects, and body parts.

VHS j398.8 FRO

From Wibbleton to Wobbleton

Led by educator Sally Jaeger, this video shows popular lap rhymes & finger plays, songs & lullabies for baby & you!

JCD Popular Reid-Naiman

Reid-Naiman, Kathy

A Smooth Road to London Town

This wonderful collection of songs and lullabies are often used in the Parent-Child Mother Goose Program.

JCD Classic Lullabies

Baird, Julianne et al.

Lullabies: A Songbook Companion

This CD features a soothing, lovely array of songs ranging from "All the Pretty Little Horses" to international lullabies drawn from classical and folk traditions.

JCD Popular Sing

Sing, Dance, Play

This lively CD is a compilation of new and traditional nursery songs, including old favourites like "The Hokey Pokey" and "If You're Happy and You Know It".

CDROM j371.337 SES WIN/MAC

Sesame Street: Baby and Me

This CD-ROM features 12 activities to help parents and babies interact, play and learn together.

CDROM j372.21 JUM WIN MAC

JumpStart Baby

This CD-ROM introduces your baby to the wonderful world of learning, including shapes, music, numbers, colors, clothing, letters, and more!



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Public Library**
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Richmond, BC
Phone: 604-231-6412

Cambie Branch
Cambie & No. 5 Road
Phone: 604-273-ABCD (2223)

Ironwood Branch
Steveston Highway & No. 5 Road
Phone: 604-231-6468

Steveston Branch
4111 Moncton Street
Phone: 604-274-2012

Books

649.122 SPO

Spock, Benjamin

Dr. Spock's The First Two Years: The Emotional and Physical Needs of Children from Birth to Age Two

This classic collection of essays brings together Dr. Spock's insightful writings on topics such as first foods, ear infections, walking, separation anxiety, toilet training and many other challenges.

649.122 DOU

Douglas, Ann

The Mother of All Baby Books : An All-Canadian Guide to Your Baby's First Year

This excellent Canadian resource guide will provide new parents with ideas and approaches to every aspect of baby care basics.

649.122 CON

Conkling, Winifred

Smart-Wiring Your Baby's Brain : What You Can Do to Stimulate Your Child During the Critical First Three Years

Learn how to make practical use of the latest research on early brain development to facilitate your baby's cognitive, motor and emotional growth.

649.122 HOG

Hogg, Tracy

Secrets of The Baby Whisperer : How To Calm, Connect, and Communicate with Your Baby

Neonatal educator and nurse Tracy Hogg teaches parents how to decipher "infants' language". Her E.A.S.Y. (eat, activity, sleep, your time) method offers a relaxed, common-sense approach.

649.5 MAR

Martin, Elaine

Baby Games : The Joyful Guide to Child's Play from Birth to Three Years

This new edition of Martin's classic features new rhymes, games and instructions for playing computer games with your baby. Also includes a larger, updated section on children's videos and Web sites of interest to you and your children.

641.5622 YAR

Yaron, Ruth

Super Baby Food : Absolutely Everything You Should Know About Feeding Your Baby and Toddler from Starting Solid Foods to Age Three Years

This combination of cookbook and reference guide is packed with detailed information on homemade baby food, recipes, and other invaluable feeding tips.

613.7046 BAR

Barbira-Freedman, Françoise

Baby Yoga

This thoroughly enjoyable exercise book for new parents and their babies uses yoga as an approach to body toning and general physical fitness.

649.3 SWE

Sweet, Robin O.

The Well-Fed Baby: Easy Healthful Recipes for the First 12 Months

This book will teach you the basics of making baby food at home, as well as the benefits of using organic foods and soy foods, and how to initiate healthy eating habits from birth.

649.122 PEN

Pennybacker, Mindy

Mothers & Others for A Livable Planet Guide to Natural Baby Care : Non-Toxic and Environmentally-Friendly Ways to Take Care of Your New Child

This book compiles hundreds of environmentally-friendly tips into a comprehensive guidebook for parents.

615.822 LEB

Leboyer, Frédéric

Loving Hands : The Traditional Art of Baby Massage

Dr. Leboyer shows how we can use massage to communicate our love to our infants.

649.122 LAR

Larson, Signe

The Complete Idiot's Guide to Bringing Up Baby

Covering birth to one year, this handy guide provides step-by-step guidelines on changing diapers, breast feeding, bottle feeding, and more.

649.122 MUR

Jeanne Murphy's Baby Tips For New Dads, Baby's First Year

This book will help any dad adjust to his new role so he can enjoy the experience and be a hero!

Multimedia: Videos, CDs and CD-ROMs

VHS 613.7 MOM

Mom-O-Rama Workout With Baby

This video features low-impact exercises that mothers can do with their children, and includes safety instructions for exercising with baby.

VHS 649.122 INY

In Your Hands : Baby Massage Therapy Techniques

This video demonstrates massage for infants, stressing the importance of touch as essential to proper social and mental development.