NEW TITLES
WOMEN & NEWBORN HEALTH LIBRARY

BREASTFEEDING

Making more milk: the breastfeeding guide to increasing your milk production / Marasco, Lisa. 2019 WS 125 MAR.

GENERAL WOMEN’S HEALTH

Contraception: a guide for people with learning disabilities. 2016 WP 630 CON.

Dr Libby's women's wellness wisdom: what every woman needs to know / Weaver, Libby. [2016] WA 309 WEA.

GRIEF AND LOSS

Coping with pregnancy loss / Boynton, Petra. 2019 WQ 235 BOY.

Finding meaning: the sixth stage of grief. / Kessler, David. 2019 BF 575 KES.

Hope and healing after stillbirth and new baby loss / Ashcroft, Brenda. 2019 WQ 225 GOU.

Loss, survive, thrive: bereaved parents share their stories of healing and triumph / Beck, Hershey. 2019 BF 575 BEC.

MENTAL HEALTH

I’ll be right back: parenting with mental illness / Feinman, Tova. 2019 WQ 500 FEI.

Beyond the bump: a clinical psychologist’s guide to navigating the mental, emotional and physical turmoil of becoming a mother / Shepherd, Sally. 2019 WQ 500 SHE.
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Coping with birth trauma and postnatal depression / Jolin, Lucy. 2020 WQ 500 JOL.

Rattled: overcoming postpartum psychosis / Wight, Jen S. 2019 WQ 500 WIG.

NEWBORN

Brain health from birth: nurturing brain development during pregnancy and the first year / Fett, Rebecca. 2019 WS 103 FET.

Give birth like a feminist: your body. Your baby. Your choice / Hill, Milli. 2019 WQ 152 HIL.

Going solo: my choice to become a single mother using a donor / Roberts, Genevieve. 2019 WQ 208 ROB.

PARENTING

Baby names 2020 / Turner, Eleanor. 2019 Z 695 TUR.

How are babies made? / Smith, Alastair. HQ 56 SMI.

Special: antidotes to the obsessions that come with a child's disability / Dimmitt, Melanie. 2019 WS 368 BAR.

The baby reflux lady's survival guide: how to understand & support your unsettled baby and yourself / Homer, Aine. 2018 WS 115 HOM.

The baby-led weaning cookbook - Volume 2: 99 more no-stress recipes for the whole family / Rapley, Gill. 2019 WS 120 RAP.

The little book of baby massage: use the power of touch to calm your baby / Kellett, Jo. 2020 WS 113 KEL.

When the bough breaks: the pursuit of motherhood / Sanders, Ali. 2019 WQ 500 SAN.
PREGNANCY AND BIRTH

Eating for pregnancy: your essential month-by-month nutrition guide and cookbook / Jones, Catherine. 2019 WQ 175 JON.

Bumpin': the modern guide to pregnancy: navigating the wild, weird, and wonderful journey from conception through birth and beyond / Ziegler Shrock, Leslie. 2019 WQ 150 SCH.

Inducing Labour: making informed decisions / Wickham, Sara. 2018 WQ 440 WIC.

Kid gloves: nine months of careful chaos / Knisley, Lucy. 2019 WQ 150 KNI.

Mindful Hypnobirthing: hypnosis and mindfulness techniques for a calm and confident birth / Fletcher, Sophie. 2019 WQ 152 MON.

Molar pregnancy: 70+ questions answered / Kariuki, Lydia. 2018 WP 465 KAR.

Nourishing newborn mothers: ayurvedic recipes to heal your mind, body and soul after childbirth / Jones, Julia. 2018 WQ 500 JON.

Pregnancy cookbook: 60+ breakfast, lunch, dinner and dessert recipes to support your health during after pregnancy / Jerris, Noah. 2019 WQ 175 JER.

The gestational diabetes cookbook & meal plan: a balanced eating guide for you and your baby / Foley, Joanna. 2019 WQ 248 FOL.

Transformed by birth: cultivating openness, resilience, and strength for the life-changing journey from pregnancy to parenthood / Bushnell, Britta WQ 300 BUS.

Vitamin K and the newborn / Wickham, Sara. QU 181 WIC.