

## Web Sites

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Pregnancy (MedlinePlus)

<https://medlineplus.gov/pregnancy.html>

Pregnancy Guide - Gundersen Health System

[gundersenhealth.org/services/pregnancy-birth](http://gundersenhealth.org/services/pregnancy-birth)

Childbirth (MedlinePlus)

[medlineplus.gov/childbirth.html](http://medlineplus.gov/childbirth.html)

A Partner's Guide to Pregnancy (ACOG)

[www.acog.org/publications/faq/faq032.cfm](http://www.acog.org/publications/faq/faq032.cfm)

Healthy Family Resources

[sites.google.com/site/resourcesforhealthybabies](http://sites.google.com/site/resourcesforhealthybabies)

Healthy Women

[www.healthywomen.org](http://www.healthywomen.org)

American Pregnancy Association

[www.americanpregnancy.org](http://www.americanpregnancy.org)

## Apps

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The best pregnancy apps, according to an Ob-Gyn (Women's Health)

<https://www.womenshealthmag.com/health/g23337257/best-pregnancy-apps/>

## Library Materials

- Renew for 4 weeks, unless needed by another library user
- Receive information by e-mail or mail
- At no cost to you

## Contact Us

Call (608) 775-5995 or  
(800) 362-9567, ext. 55995

Visit us online at  
[gundersenhealth.org/libraries](http://gundersenhealth.org/libraries)

Email:

[mooneylibrary@gundersenhealth.org](mailto:mooneylibrary@gundersenhealth.org)

John & Nettie Mooney Library –  
La Crosse, Level 1, Lobby

John & Nettie Mooney Library – East,  
With the Stanek Cancer Library  
Level 2, East Building

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# Pregnancy and Childbirth Resources

## John & Nettie Mooney Libraries

Gundersen Lutheran Medical Center, Inc.  
Gundersen Clinic, Ltd.  
Gundersen Boscobel Area Hospital and Clinics  
Gundersen Moundview Hospital and Clinics  
Gundersen Palmer Lutheran Hospital and Clinics  
Gundersen St. Joseph's Hospital and Clinics  
Gundersen Tri-County Hospital and Clinics

**GUNDERSEN**  
HEALTH SYSTEM®

## **Books**

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### **Pregnancy and childbirth materials have call numbers starting with GF 100.**

Baby & me: the essential guide to pregnancy and newborn care / Deborah Stewart. (2015)

Calm birth: prenatal meditation for conscious childbirth / Robert Newman. (2016)

The complete illustrated birthing companion: a step-by-step guide to creating the best birthing plan ... / Amanda French. (2012)

Finding calm for the expectant mom: tools for reducing stress, anxiety, and mood swings during your pregnancy / Alice Domar. (2016)

Funny little pregnant things: the good, the bad, and the just plain gross things about pregnancy that other books aren't going to tell you / Emily Doherty. (2016)

Gift of motherhood: your personal journey through prepared childbirth / Diane Moran (2017)

Healthy, happy pregnancy cookbook: 130 delicious recipes to satisfy you, nourish baby, and combat common pregnancy discomforts / Stephanie Clarke (2016)

Mayo Clinic guide to a healthy pregnancy / Roger Harms. (2011)

Mi bebé y yo: la guía esencial para el cuidado del embarazo y del recién nacido Deborah Stewart. (2016)

The natural pregnancy book: your complete guide to a safe, organic pregnancy / Aviva Romm. (2014)

Pregnancy, childbirth, and the newborn: the complete guide / Penny Simkin. (2016)

Pregnancy for dummies / Joanne Stone. (2014)

The whole 9 months: a week-by-week pregnancy nutrition guide with recipes for a healthy start / Jennifer Lang. (2016)

Your best pregnancy: the ultimate guide to easing the aches, pains, and uncomfortable side effects during each stage of pregnancy / Jill Hoefs. (2014)

Your pregnancy and childbirth: month to month / ACOG. (2016)

Your pregnancy week by week / Glade Curtis. (2016)

### **For Dads and Other Birth Partners**

The birth partner: a complete guide to childbirth for dads, doulas, and other labor companions / Penny Simkin. (2013)

The caveman's pregnancy companion: a survival guide for expectant fathers / David Port. (2006)

Dad's guide to pregnancy for dummies / Matthew Miller. (2014)

From dude to dad: the diaper dude guide to pregnancy / Chris Pegula. (2014)

The expectant father: facts, tips, and advice for dads-to-be / Armin Brott. (2015)

A man's guide to having a baby: everything a new dad needs to know about pregnancy and caring for a newborn / Dominic Bliss. (2013)

## **CDs & DVDs**

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9 months that made you [DVD] / BBC Earth; producer, Naomi Austin. (2016)

Happy healthy child [DVD]: a holistic approach / Sarah Kamrath. (2013)

In the womb [DVD] / National Geographic. (2006)

Pregnancy: from conception to caring for your newborn baby. [DVD] (2008)

Preparing for childbirth [CD]: guided imagery exercises to ease labor & delivery / Martin Rossman. (2004)