

green child

magazine



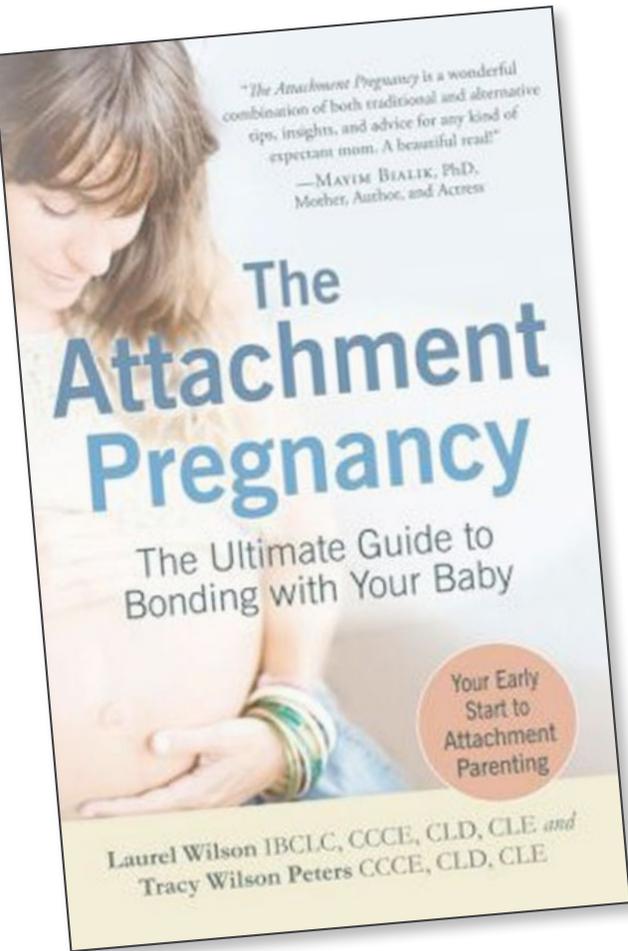
The Seasons
of Pregnancy

Creating
A Minimalist Nursery

Beyond Babywearing
The Continuum Concept

Winter 2014

Look Listen Read



The Attachment Pregnancy: The Ultimate Guide to Bonding with Your Baby

By Laurel Wilson and Tracy Wilson Peters

It's never too early to bond with your baby. Authors Laurel Wilson and Tracy Wilson Peters believe attachment parenting begins in the womb, and their excellent book offers advice for raising a healthy, well-balanced child from the moment of conception. With a blend of traditional and alternative advice, parents are given practical insight for building a community that welcomes new life with trust, love, and compassion.

\$10 at Amazon

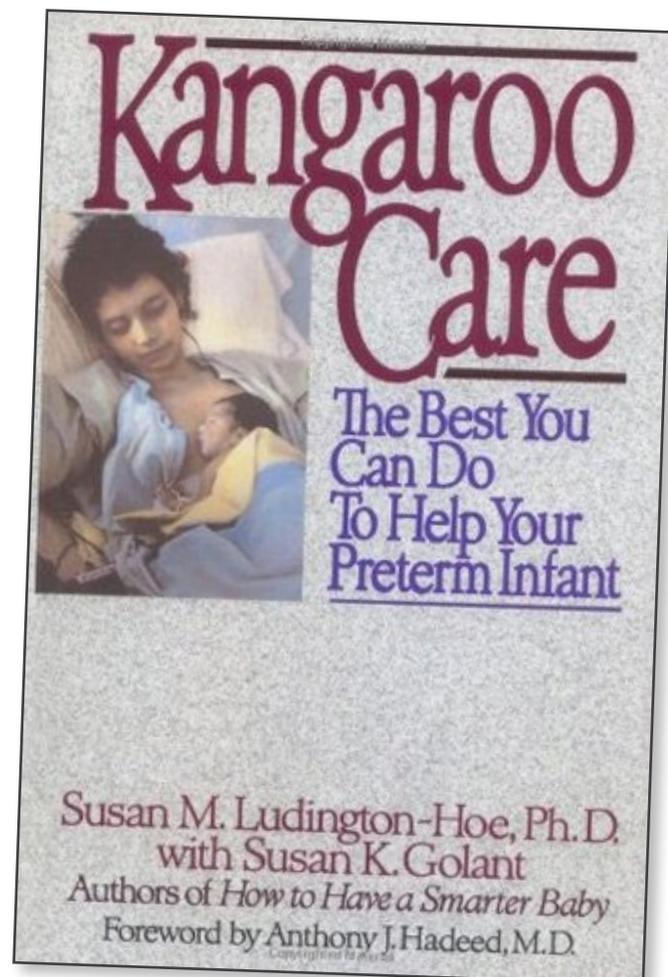
Kangaroo Care: The Best You Can Do to Help Your Preterm Infant

by Susan M. Ludington-Hoe Ph.D with Susan K. Golant

This book is a wealth of knowledge, diving deep into the scientific research on the benefits and value of skin-to-skin contact, with special focus on premature infants. From regulating body temperature to heartbeat, the bond of mother and child is truly amazing.

This book reinforces trust in the maternal instinct and intuition. It truly is a must read for any parent, and is invaluable to the parent of a premature infant.

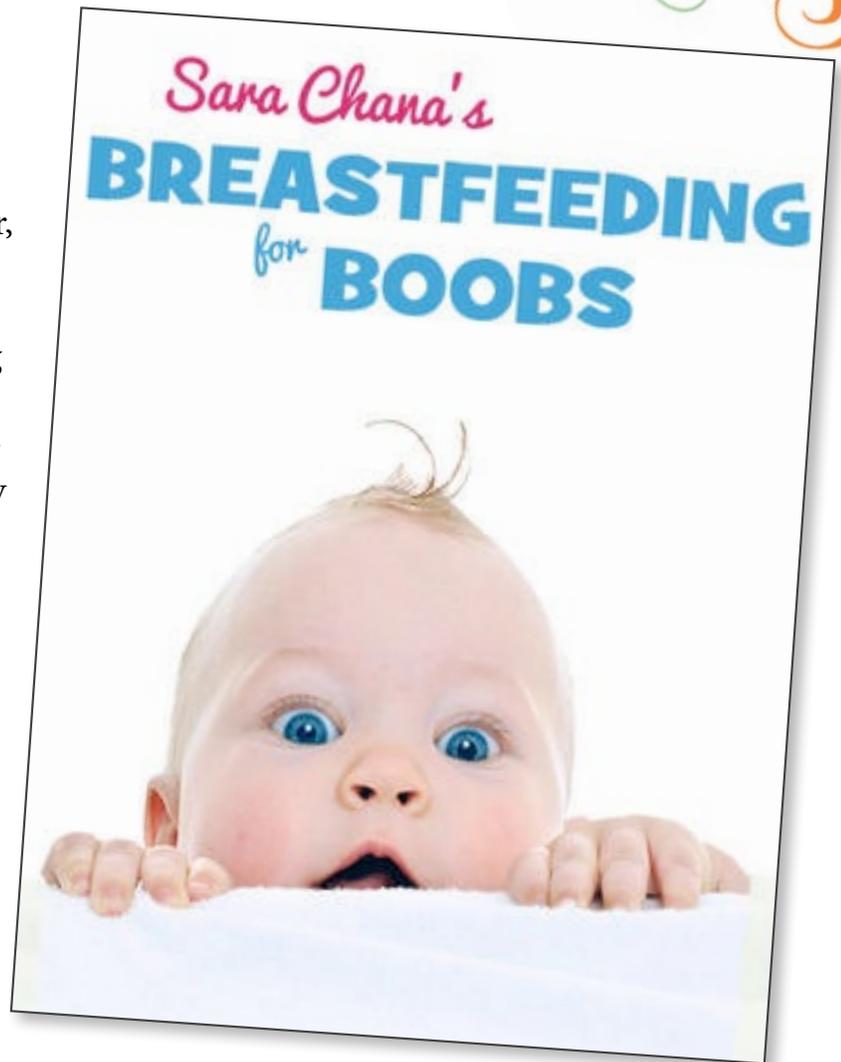
\$13 at Amazon



Sara Chana's Breastfeeding for Boobs

Long-time Green Child Magazine contributor, Sara Chana, a Certified Lactation Consultant and Master Herbalist, launched a new app to do what she does best — bring support, along with a healthy dose of humor, to nursing mothers. Breastfeeding, especially during the night, can make a new mother feel completely alone. Sara's app is an ideal companion... like the friend you can call at 2 am to laugh and cry with your joys and struggles. She covers every situation thoroughly to make this a must-have addition to any new mom's smartphone.

\$1.99 at iTunes



On Mother's Lap

by Ann Herbert Scott

While there's no shortage of books about welcoming a new baby to the family, it can be challenging to find one that supports your attachment parenting principles and shows cultural diversity. Ideal for ages 2 to 5, this story makes a reassuring point for little ones, who need to know that a mother's love is an expandable quantity. The young boy's feelings are clearly shown by his actions, not words. "His mother gave him a squeeze. 'You know, it's a funny thing,' she whispered, 'but there is always room on Mother's lap.'"

\$6 at Amazon

