



# Parenting Resource Material

## Available for loan

### Books:

- ***Baby Play (Birth to 12 months)***, Gymboree Play & Music, New Holland Publishers, NSW, Australia, 2001
- ***Australian Baby Guide***, Goosebooks Pty Ltd, Victoria, Australia, 2009  
[www.australianbabyguide.com.au](http://www.australianbabyguide.com.au)
- ***The Science of Parenting***, Sunderland, M. Dorling Kindersley Ltd, London, 2006
- ***Breastfeeding...naturally***, Australian Breastfeeding Association, 2<sup>nd</sup> ed. 2004
- ***Early Beginnings: Development in Children Born Preterm***, MacArthur, B & Dezoete, A. Oxford University Press, Auckland, New Zealand, 1992

### Leaflets/Brochures:

- ***Zero to Five years*** (by Children's Panadol).

Contains a comprehensive collection of practical parenting information for children 0 to 5 years, developed by Child Health Nurses.

- ***Emotional health during pregnancy and early parenthood***

This booklet was developed in association with the *beyondblue* National Postnatal Depression Research Program. It covers: What to expect in pregnancy and birth, Advice for new mums, How do you know if you're not coping?, What to do if you experience depression or anxiety, What partners, families and friends can do to help new mothers, National information and Help Lines.

- ***Becoming a Parent: Adjusting to the changes***. Dr Sherryl Pope & Julie Watts, 2007. Contents include: Parenthood Changes Everything, Stress and Depression Before and After Birth, Postnatal Depression (PND), Treatment Options, Getting Professional Help, Ways to Help Yourself, Fathers, Suggested Readings



- Australian Breastfeeding Association: ***Gastro-oesophageal reflux and the breastfed baby***, 2008
- Australian Breastfeeding Association: ***Why is my Baby Crying?*** 2005
- Australian Breastfeeding Association: ***Coping with Breast Refusal***. 2008
- Australian Breastfeeding Association: ***Breastfeeding After a Caesarean Birth***. 2008
- Australian Breastfeeding Association: ***Increasing your milk supply***. 2008
- Australian Breastfeeding Association: ***Postnatal Depression and Breastfeeding***. 2009
- ***beyondblue: the national depression initiative*** series:
  - Fact sheet 22 – Postnatal depression
  - Fact sheet 24 – Help for depression, anxiety and related disorders under Medicare
  - Fact sheet 3 – What causes depression?
  - Fact sheet 6 – Reducing stress
  - Fact sheet 7 – Sleeping well
  - Fact sheet 8 – Keeping active
  - Understanding Depression

### **DVD's:**

- ***Life at 1: how do you give a child the best chance in life?***

ABC, 2006. "Life at 1" unlocks the secrets of child development by following 11 babies for seven years. It is the largest study ever conducted on Australian children.

- ***Dunstan Baby Language: learn the universal language of newborn babies***.

Program One (0 to 3 mths), Dunstan, P. 2006. A breakthrough in infant communication by Australian mother Priscilla Dunstan.

- ***Raising Children: A guide to parenting from birth to 5***.

Raising Children Network. The official companion to the raising children website. 2007.

Supported by the Australian Government. [www.raisingchildren.net.au](http://www.raisingchildren.net.au) Five hours of expert information, tips and strategies from over 85 parents.