

Family Birth Center Resource Library

***We invite all expecting parents to borrow resources from our library.
There are no rental fees and we just ask that you return the resource
when finished so that others can share in the education.
Resources are located in the Clinic at 320 Alpenglow Ln.***

Books:

- Days in Waiting – Pregnancy Bed Rest
- The Nursing Mother's Companion
- What to Expect When You're Expecting
- The Womanly Art of Breastfeeding
- When You're Expecting Multiples

DVDs:

- Cesarean Birth – The Inside Story
- Expecting Multiples
- Get Ready for Birth (complete childbirth class)
- In the Womb (four-disc set)
- Infant CPR
- Laugh & Learn (3 DVD set includes birth, newborn care, and breastfeeding)
- Prenatal Pilates