

PRECONCEPTION, PREGNANCY AND PARENTING

BOOKS AND VIDEOS

- Education Begins Before Birth
- The Source of Life
- The Secret Life of the Unborn Child
- The Mind of Your Newborn Baby
- Parenting Begins Before Conception
- Making Healthy Families
- An Easier Childbirth
- Planning for a Healthy Baby
- Preparation for Pregnancy
- Video: Preparing for the Healthier Baby

EDUCATION BEGINS BEFORE BIRTH

By Omraam Mikhael Aivanhov

Is it possible for education to begin before birth? Yes. Because true education is primarily subconscious. A child is not a little animal which you can start training as soon as it is old enough. A mother can have a beneficial influence on her child in the womb through the harmony of her thoughts, acts and feelings. And this pre-natal influence must be faithfully continued once the baby is born, for, as all parents should realize, a tiny baby is highly sensitive to its environment. Ultimately, it is by example that parents and pedagogues should accomplish their educational mission.

168 pages, 1 ill. - ISBN 2-85566-374- 1

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THE SOURCE OF LIFE

Brochure by: Organization for Prenatal Education

A very informative and beautifully designed brochure translated in English by the Organization for Prenatal Education (UK).

"The prenatal period is crucially important to the future of any human being. Women know this instinctively and the most recent research confirms it."

"So how can we give the child, right from the moment of conception, the best possible conditions to develop, during the natural course of pregnancy, the potential that is in its genetic capital?"

'THE SOURCE OF LIFE' gives you some answers to this crucial question and will introduce you to the fascinating world of prenatal education.

20 pages, ISBN 0-9530144-8-7

O.P.E. is affiliated to O.M.A.E.P. (Organisation Mondiale des Associations pour l'Éducation Prénatale).

The Secret Life of the Unborn Child

By Dr Thomas Verny with John Kelly

THE WOMB IS THE CHILD'S FIRST WORLD

At sixteen weeks the unborn child shies away from light. At twenty weeks there is a response to speech patterns. At twenty-five weeks the baby can kick in time to music. And at six months the unborn child can understand the subtle shifts of its mother's emotions.

THE SECRET LIFE OF THE UNBORN CHILD

presents for the first time the challenging results of two decades of painstaking international research into the earliest stages of life. Dr Verny's evidence of intelligent life in the womb is overwhelming. The new knowledge gives both mothers and fathers an unparalleled opportunity to help their unborn children. Now they can contribute actively - before and during birth - to giving their child happiness and security for the rest of his or her life.

'A startling account of recent work in this field a very timely, balanced, useful and thoroughly proficient job by authors who are fully professionals in their subject.' R. D. Laing

THE MIND OF YOUR NEWBORN BABY

By David Chamberlain Phd.

In this paradigm-shattering book, Dr David Chamberlain, who served as president of the Association for Pre- and Perinatal Psychology and Health for eight years, demonstrates that newborns are fully cognitive human beings with the ability to discriminate and experience the world in sophisticated ways. Not only do they perceive and understand their births, but they can hear, feel and act while still in utero.

"Put a ribbon around this book for every pregnant woman you know, and the earlier the better."

Audrey DeLaMartre, Minneapolis Star Tribune

PARENTING BEGINS BEFORE CONCEPTION

By Carista Luminare-Rosen, Ph.D.

An inspiring and groundbreaking book, Parenting Begins Before Conception shows prospective parents how they can lay the foundations for a healthy and happy family life even before a child is conceived and born. New research contends that prenatal life and the birth experience are often profound determinants of human personality and aptitude. Hundreds of university and hospital studies conclude that unborn children see, hear, and feel in the womb.

Dr. Carista Luminare-Rosen explores the universal forces underlying conception and shows parents how they can optimize their child's physical, emotional, mental, and spiritual health by considering a host of important issues well in advance. The author guides parents through a unique holistic program designed to prepare them for the myriad changes, adjustments, and joys that accompany the major transition to parenthood.

'This is a beautiful, brilliant psychospiritual guide that should be read by every person preparing for parenthood...

A practical, powerful integration of the best of modern psychology, the wisdom traditions and holistic health.'

MAKING HEALTHY FAMILIES

Harold H. Bloomfield, M.D. Psychiatrist and author of 'Making Peace with Your Past'

This book explains the elements required to make and sustain healthy, functional families. This timely book describes the family life stages, from «Becoming a Couple», to «Becoming Parents», to «Raising Adolescents» and «Launching Children». It educates parents about the predictable stresses of each stage of development, and offers guidelines and hands-on exercises for achieving a healthy adjustment in each stage of family life. Chapters on «Trouble shooting», «Divorce» and «Stepfamilies» provide further help. Learn what makes families work-from structure and communication to family style and characteristics of healthy marital relationships.

AN EASIER CHILDBIRTH A MOTHER'S GUIDE FOR BIRTHING NORMALLY

Gayle Peterson is a nationally recognized leader in the field of perinatal psychology in USA. Gayle Peterson prepares the mother-to-be for the most positive experience possible, utilizing a childbirth preparation method based on medical research that shows emotional factors to be important in a healthy pregnancy and delivery. This is a preparatory book and workbook for the pregnant woman and her partner. It addresses the mother's fears and concerns through exercises aimed at decreasing her anxiety and increasing her confidence and sense of well-being. It also teaches coping skills to manage all parts of the labour process.

177 pages, soft cover, ISBN 0 9625231 4 3

"This programme starts where traditional education ends. Here is a truly personal preparation for childbirth, reaching emotional and unconscious depths."

David Chamberlain, president of the Pre-natal and Peri-natal Psychology Association of North America, author of "The Mind of your Newborn Baby"

Body-Centred Hypnosis for Pregnancy, Bonding and Childbirth Audiotape

The tape is designed as a companion to the book, An Easier Childbirth. Body-centred hypnosis has proven to be a powerful tool for increasing the likelihood of normal delivery and developing the bond between mother and the unborn child. This 75 minute tape contains relaxation and imagery for bonding as well as relaxation and birth visualization for preparing for labour.

PLANNING FOR A HEALTHY BABY,

Essential Preparation for Pregnancy

APPPAH – BIBLIOGRAPHIE

In recent years, the medical profession has recognised that planning the best start in life for your baby needs to begin well in advance - even before conception. Many of the factors which can cause miscarriage or damage and ill health to the unborn can be preempted by a practical programme of health care that is easy to understand and follow. Already thousands of parents, many with a previous history of miscarriage or birth defects, have used Foresight's programme to conceive and bring to term whole, healthy and happy babies.

Planning for a Healthy Baby includes advice on nutrition, family planning, toxic substances to avoid, and common illnesses and diseases. Practical, down-to-earth and effective, this ground-breaking book is essential reading for prospective parents - and for anyone working with mothers, babies and children.

PREPARATION FOR PREGNANCY

An Essential Guide Compiled with Foresight

The Association for the Promotion of Preconceptual Care

The FORESIGHT research: Of 367 couples, 89% with a previous history of reproductive problems, including infertility, miscarriages, stillbirths, low birth weights and malformation, 327 had become pregnant and 327 babies had been born - all were healthy and well developed.

The FORESIGHT strategy pulls together a wealth of international research and moulds it into a practical programme for health enhancement prior to conception. Nutrition in the broadest sense; the avoidance of smoking, alcohol and drugs; non-invasive contraception; genito-urinary and other infections; allergy, malabsorption and infestation; essential trace elements; heavy metals and other environmental toxins are fully covered.

"I recommend that all concerned should read, mark, learn and inwardly digest the practical information and advice in this important book." Professor Derek Bryce-Smith University of Reading

"This book will provide factual information on the FORESIGHT approach and result in many more healthy children." Dr Neil I Ward University of Surrey

VIDEO

PREPARING FOR THE HEALTHIER BABY

The Foresight Pre-Conception Care Programme

Parents can do much to improve the likelihood of their baby being born healthy by taking steps BEFORE CONCEPTION. The Foresight programme has helped thousands of couples to raise their health status, to improve sperm count and quality of ova, to have a problem-free, full-term pregnancy and to enjoy the priceless reward of a normal, healthy baby.

This video emphasises the importance of pre-conception care which is only gradually being given due recognition. The Foresight programme can help to raise fertility and reduce the risk of premature birth, miscarriage and malformations.

CONTENTS:

- Screening for essential trace elements and toxic metals
- Everyday hazards of environmental and social poisons
- Food and chemical allergies
- Nutrition, a cleaner, safer diet
- Genito-urinary Infections, the hidden health hazard
- Natural family planning, safe, healthy fertility control.

* * *

Resources

100 Books (And Videos, Too)

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Introduction and Contents

To respond to inquiries from members of the press and general public, to meet the needs of students, and to alert members of the Association to the steady stream of new educational materials in the field, we present ***One Hundred Books (and Videos Too) In Prenatal/Perinatal Psychology and Health***. Books in Sections I, II, and III provide a selection of popular books currently accessible in English that focus principally on psychological data and issues of the period from preparation for pregnancy through the postpartum period. Edited collections and Journal articles in Section IV share this focus on the same period of very early development.

Books in Section V are seminal works with a focus outside this field but judged to have important theoretical and scientific implications for prenatal and perinatal studies.

Older books of historical importance are not found in this collection because we limit our review to materials published (or republished) in the last fifteen years. All works are in chronological order to show how this body of literature has developed. Selection for the list does not imply endorsement by the Association which embraces experts and learners with different points of view. Our pick of the "Top Ten" books in Sections I, II, and III, marked with the star symbol, honors those which have had extraordinary public influence through wider than usual circulation, multiple printings, and have been translated into other languages.

One Hundred Books is revised annually early in the new year. Authors are invited to send new books and videos to the Editor, David Chamberlain, for consideration in the next issue. Your comments and suggestions are welcome.

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I. THE BABY: PRENATE AND NEWBORN

(Order directly from Amazon.com by clicking on selected book titles.)

(The top ten books are in red.)

Psychological studies of prenates and newborns is a rather late development in psychology, largely because these babies were not considered to have enough brain power to make studies worthwhile. Therefore, there are still very few full-length books devoted to the subject. Books for a general audience are listed here and those of a more technical nature are listed in the section on edited collections.

The more voluminous literature on the psychology of prenates and neonates is contained in published papers, nearly all produced in the last two decades. Reviews of this literature have been published from time to time in the *Pre- and Perinatal Psychology Journal* (now the *Journal of Prenatal and Perinatal Psychology and Health*) (e.g., Verny, Spring 1989, Chamberlain, Spring 1992, and Fall 1994).

Lennart Nilsson (1977/1990), *A Child is Born*. New York: Delacorte Press.

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- Beverly Stokes (2002), *Amazing Babies: Essential Movement for Your Baby in the First Year*. Move Alive Media, Inc. (www.amazingbabies.com)
- Elisabeth Hallett (2002), *Stories of the Unborn Soul: The Mystery and Delight of Pre-Birth Communication*. San Jose, CA: The Writers Club Press.
- Thomas R. Verny and Pamela Weintraub (2002), *Tomorrow's Baby: The Art and Science of Parenting from Conception Through Infancy*. New York: Simon & Schuster.

II. PSYCHOLOGY OF PREGNANCY, BIRTH AND EARLY PARENTING

(Order directly from Amazon.com by clicking on selected book titles.)

The many psychological dimensions of pregnancy, childbirth, and parenting from preconception to the post-partum period are treated in these books. Topics include adoption, communications before conception, prenatal stimulation, cross-cultural studies, fertility, circumcision, and infant massage.

Omraam Mikhael Aivanhov (1938; Trans. English 1982), *Education Begins Before Birth*. This work is kept in print by Prosveta USA. Order from P.O. Box 1176, New Smyrna Beach, FL 32170-1176 (T/F 904-428-1465) or use their website: www.prosveta-usa.com/store

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Elizabeth Davis (1981/1987), *Heart & Hands: A Midwife's Guide to Pregnancy and Birth*. Photos by Suzanne Arms. Berkeley, CA: Celestial Arts.

Jack Heinowitz (1982/1997), *Pregnant Fathers: Becoming the Father You Want to Be*. Rev. ed. Kansas City: Andrews and McMeel.

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Eve Marnie (1983/1988), *LoveStart: Prenatal Bonding*. Santa Monica, CA: Hay House. Available from the author at 1003 Hayes Ave, San Diego, CA. Email: milkmade@home.com

Michel Odent (1984), *Birth Reborn*. New York: Pantheon.

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