

PREGNANCY AND PARENTHOOD RESOURCES FOR TEENS

- Arnoldi, Katherine.** [*The Amazing 'True' Story of A Teenage Single Mom.*](#) (Non-Fiction 306.874 Ar65a)
Told in comic book format, the story of a young, poor mom unfolds as she draws on superhuman stamina, impossible good luck, and few miracles to reach her dream of attending college. Spurred by the love of her child, she overcomes many obstacles along the way.
- Arthur, Shirley.** [*Surviving Teen Pregnancy.*](#) (Non-Fiction 306.85Ar78s)
The book provides practical information and specific advice in an informal, encouraging voice. The importance of careful, informed decision-making, counseling, goal-setting, and personal responsibility is emphasized.
- Bode, Janet.** [*Kids Still Having Kids: Talking About Teen Pregnancy.*](#) (Non-Fiction 306.856 B631k)
Bode provides a valuable resource for young adults making decisions about pregnancy, as well as those researching the issue for school projects, in this completely updated book of interviews with pregnant teens, boyfriends, families, health-care workers, and counselors.
- Eisenberg, Arlene.** [*What to Expect The First Year.*](#) (Non-Fiction 649.122 Ei83w)
This book provides friendly advice constructed in the form of chatty answers to hypothetical questions which are arranged by month. For each of 12 months, a guide to the baby's progress, potential problems, and other questions all new parents ask are covered.
- Eisenberg, Arlene.** [*What to Expect The Toddler Years.*](#) (Non-Fiction 649.122 Ei83wt)
This book offers a detailed, comprehensive presentation on what to expect during the second and third years of a child's life. From toilet training and tantrums to providing the proper learning experiences, parents receive insights on the child's mind.
- Eisenberg, Arlene.** [*What to Expect When You're Expecting.*](#) (Non-Fiction 618.24 Ei83w)
Information is provided on choosing a caregiver, prenatal diagnosis, exercise, childbirth options, second pregnancies, twins, having a cesarean, and tips on common and not-so-common pregnancy symptoms.
- Garcia, Joseph.** [*Sign With Your Baby: How to Communicate With Infants Before They Can Speak.*](#) (Non-Fiction 649.122 G165s)
This book teaches hearing parents how to use simple sign language gestures to communicate with their hearing infants before their infants can speak. The author explains the benefits and method for taking advantage of this unique form of early communication.
- Hammerslough, Jane.** [*Everything You Need To Know About Teen Motherhood.*](#) (Non-Fiction 306.856 H183e)
An account of the problems that young mothers face and how to cope with them. (A Best Books for Young Teen Readers title)
- Iovine, Vicki.** [*The Girlfriend's Guide to The First Year of Motherhood.*](#) (Non-Fiction 306.8743Io8)
If you need a good laugh while suffering the sleep-deprived delirium of life with a newborn, then this book is just the thing. In addition to advice and survival tips, readers will learn about baby euphoria, postpartum mood swings, and fitting into that favorite pair of jeans.
- Lindsay, Jeanne Warren.** [*Adolescentes como padres--la jornada de tu embarazo y el nacimiento de tu bebe.*](#) (Spanish 618.24 L645j)
Discusses nutritional, medicinal, and social aspects of teenage pregnancy and teenage parenthood.
- Lindsay, Jeannie Warren.** [*The Challenge of Toddlers : For Teen Parents.*](#) (Non-Fiction 649.122 L645c)
This book describes the development and special needs of children from one to three. Subjects include: bedtime rituals, health concerns, tantrums, playtime, imagination, mealtime, involvement and noninvolvement of fathers, etc.
- Lindsay, Jeannie Warren.** [*Nurturing Your Newborn: Parents' Guide to Baby's First Month.*](#) (Non-Fiction 649.122 Lin)
Gives information for teenage mothers about caring for their infants and themselves.
- Lindsay, Jeannie Warren.** [*Teen Dads: Rights, Responsibilities and Joys.*](#) (Non-Fiction 649.1 L645td)
This book introduces young men to various aspects of parenting - things dads need to know about, but which are usually considered more mom's domain (prenatal care, birth, breastfeeding, etc.) as well as special problems for young fathers.

Lindsay, Jeannie Warren. [*Teenage Couples: Coping With Reality*](#). (Non-Fiction 306.84 L645cr)

First-person accounts by teenagers who are either married or live together punctuate the instructive, easy-to-read text, which are illustrated with black and white photographs. Subject covered: relationships, pregnancy, child care, meeting living expenses, cooperation, and goal setting.

Lindsay, Jeannie Warren. [*Teens Parenting - Your Pregnancy and Newborn Journey*](#). (Non-Fiction 618.24 L645t)

Discusses nutritional, medical, and social aspects of teenage pregnancy and teenage parenthood.

Simpson, Carolyn. [*Everything You Need to Know About Living with Your Baby and Your Parents under One Roof*](#). (Easy English 646.700835 Si85ev)

This book focuses on key issues for teen parents living "at home." Also the book encourages teen dads to be a part of their child's life - if necessary, to accept the role of a single parent. Included a chapter cautioning young adults to be responsible about their sexual lives.